

Greg Hoffman

Founder, Stretch Your Dash. Mentor. Speaker. Story Teller

Greg Hoffman is a husband, father, grandfather, and lifelong mentor who has spent decades helping people grow through seasons of change. After years of leading teams, building businesses, and navigating the beautiful chaos of family life; he realized the most meaningful work he could do was to help people pay attention to the moments that matter most. Today, through Stretch Your Dash, Greg uses heartfelt, real-life wisdom to inspire audiences to create a legacy they feel proud of every day. Stretch Your Dash is a growing community with a story driven approach to intentional living that inspires people to slow down and live with purpose. Through storytelling, practical habits, and paradigm-shifting insights, Greg helps audiences feel the magic of small changes that lead to a more vibrant, fulfilling life.

Audiences Walk Away with:

- Actionable habits that "stack" into lasting transformation
- Emotional clarity and motivation to take the first step
- A renewed sense of purpose and energy

Signature Topics:

- **Stretch Your Dash: Small Habits, Big Impact**

  Discover how intentional living transforms your health, mindset, and relationships. Greg shares powerful stories and simple tools that help people build momentum through small meaningful shifts..

- **The Stretch Season (some people call it Retirement): Reframing Aging as Opportunity**

  A powerful perspective shift that helps people embrace growth, vitality, and rediscovery. This season is about deepening relationships, sharing wisdom and living with intention.

- **Invest Your Time, Don't Just Spend It**

  Learn how to build a life of meaning by choosing activities that offer emotional and physical ROI. Greg helps audiences rethink time as their most valuable investment.

- **The Dash Between: Living the Legacy you want to Leave**

  Legacy isn't something you leave behind – it's something you live every day. Greg shows how investing time with purpose creates an emotional ripple that lasts.

Who Greg Serves:

Community Groups – Wellness Retreats – Corporate Teams – Anywhere people are ready to live with more intention

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