

A portrait of David Datt, a smiling man with a bald head, wearing a blue checkered blazer over a light blue shirt. He is sitting at a dark wooden table with his hands clasped. The background is blurred.

David Datt

MOTIVATIONAL SPEAKER, AUTHOR, CHEF,
RETREATS & EVENT CATERER

SPEAKER BIO

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Speaker Bio

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David Datt over nearly four decades, David has built an extraordinary career, cooking for royalty, high-net-worth families, and prestigious events. From this experience he developed his PRESSURE framework, a practical, step-by-step “recipe for success” that helps individuals and teams handle stress, build resilience, and achieve excellence without burnout. David speaks with humour, warmth, and authenticity, leaving audiences equipped, motivated, and ready to thrive, even under pressure.



David Datt is a motivational speaker, author, chef, and a retreat events business owner whose story blends culinary mastery, resilience, and personal transformation.

At just 16, David began his professional training at the world renowned Westminster Catering College in London. After two years of rigorous study, he honed his craft under acclaimed chefs including Malcolm Emery, Gary Rhodes and Anton Mosimann. Over the next 38 years, David built an extraordinary career, cooking for royalty, high-net-worth families, and global icons. His portfolio includes prestigious events such as the King and Queen of Spain's wedding, Royal Ascot and Wimbledon's Queen's Enclosure.

David rose through the ranks to become a head chef, later consulting on restaurant openings, mentoring chef brigades, and developing menus that combined precision with creativity. Along the way, he learned to thrive in some of the most high-pressure environments imaginable. This experience inspired his signature keynote, where he shares his PRESSURE framework, a “recipe for success” which is designed to help individuals and teams perform at their best without burning out. Through engaging talks and workshops, David equips audiences with tools to handle stress, build resilience, and achieve excellence in fast-paced workplaces.

Whether on stage or in smaller workshops, David speaks with warmth, humour, and a grounded London tone that puts people at ease. His talks are practical, heartfelt, and infused with stories drawn from decades at the top of his field and from the toughest battles life can throw at you.

In 2024, David faced his toughest challenge yet as he was diagnosed with prostate cancer. His journey through treatment, remission, and recovery sparked a new passion for health education, nutrition, and raising awareness around men's health. He now speaks openly about his experience, using his story to inspire others to prioritise well being and face life's challenges with courage.

Authentic and versatile, David also brings a deeply human touch to subjects such as grief and resilience, shaped by his own experiences of loss. While he speaks without formal qualifications in bereavement therapy, his compassion and lived understanding resonate powerfully with audiences navigating difficult times.

Book David for your next event, and you won't just get a polished speaker, you'll get someone who has lived the pressure, found the recipe for resilience, and speaks from the heart.

Keynote Speeches Include:

- A Recipe to Success - How to Deal with Pressure in the Workplace.
- Prostate Cancer Awareness - Advice & Support for Others on this Journey.
- Bereavement Support - Adjusting & Coming to Terms with Loss

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