

A portrait of Mike Lee, a bald man with a light beard and blue eyes, wearing a grey hoodie. He is smiling and has his hand near his chin. The background is a textured, light-colored wall.

**MIKE LEE**

Keynote Speaker | #1 Best Selling Author | Leadership Coach

# UNLOCK THE POWER OF **PRESENCE**

Stories, strategies and mindsets to find focus in an age of distraction, performance  
in an era of overwhelming demands and poise in a world of nonstop disruption

Keynotes

|

Workshops

|

Coaching

# Hi, I'm Mike Lee.

As someone who spent a couple of decades on the basketball court with the game's elite, I always knew the power of presence in peak performance and leadership. Without it, you had no chance to compete at a high level.

But, if I'm being honest, it was something that I took for granted. That was until my ability to access it was robbed from me going through the horrific withdrawal process of an anti-depressant medication. Within a couple of hours, I'd shift from crippling anxiety to debilitating depression. For years it disrupted my ability to be present and truly focus on the work I wanted to do in the world.

Luckily for me, I had a few people in my life who modeled true grit. Whether it was seeing my grandfather work a shift at the steel factory followed by a visit to his farm or the basketball coaches who pushed me to the point of exhaustion, I know what it means to put in the work.



So, I went on a mission to reclaim my ability to access presence through counter-cultural approaches, rigorous research, and massive personal growth. I didn't know it at the time, but I was building a simple and easy-to-implement methodology to help individuals and organizations unlock the power of presence.

Here are a few things I learned on that journey:

1. **PSYCHOLOGY** Anxiety and depression, which can have significant repercussions for business performance, can't exist in deep states of presence.
2. **PERFORMANCE** Consequently, being in the zone where we are fully engaged and do our best work is one of the most fulfilling emotional states of life.
3. **PEOPLE** Influence and impact are cultivated from deep, human connection, and belonging, which only exist when we are truly present.

In a world filled with constant uncertainty, disruption, and change there's a good chance that presence is lacking. Most people think it's about the hours we work, but the truth is that it's the [quality of presence that we bring to the hours that drives business results.](#)

If this resonates with you, please read on. I'd love to partner with you on a keynote or workshop to help your people [transcend the noise and win the moments that matter.](#)



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## TRANSCENDING THE NOISE — 04

Some research about the world we are living in.

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## ABOUT MIKE — 05

A few things about Mike that people sometimes like to know.

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## HEARTMIND METHODOLOGY — 06

An overview of the methodology born out of Mike's basketball coaching background and deep dive into ancient philosophy.

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Program descriptions, learning objectives, and transformation that occurs because of Mike's keynotes and workshops.

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## #1 BEST SELLING BOOK — 11

Mike's book endorsed by New York Times Best Selling authors, thought leaders and Fortune 500 executives.

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Our process to provide timely, relevant, and actionable insights for your audience.

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What people are saying after experiencing Mike's work.

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The type of audiences that align best with Mike's message.



# LET'S TRANSCEND THE NOISE



We live in an era of fragmented attention. Our minds drift to the future into anxiety, worry, or fear. We dwell on the past in regret, guilt, or shame. Or we get distracted simply because of the state of our current era. Harvard Research has shown we're only present about 50% of the day. If we work 40 hours per week, and we're only present for half that time it means we're doing intentional, effective and efficient work for 20 of those hours. Individuals who are not present are not engaged, not creative and simply not fulfilled. Leaders who are not present leave their employees feeling unseen, unheard, and unvalued, which leads to disengagement, talent retention challenges and people craving a culture where they feel like they belong. When organizations face this VUCA world at scale the results are little more than check marks on the boxes of engagement, innovation, creativity, and workplace culture that we can be proud of.

## 600

hours of productivity per year are lost by the average knowledge worker due to distractions at work

## 50%

of employees are not engaged because of stress

## \$37,000

per manager is the annual cost companies face due to lost focus.

## 23

minutes is the average time it takes to refocus after being distracted.

## 3x

is the likelihood employees experience high levels of burnout when there is a lack of leadership presence



# MEET MIKE

Mike Lee is a globally recognized keynote speaker, #1 best-selling author, and coach who shares high-performance leadership lessons from inside the hearts and minds of NBA's elite. Through his work, he supports individual contributors, leaders, and organizations in elevating engagement, winning the war for talent, and creating cultures of belonging in a world of disruption. For 15 years he spent time with basketball's 1% including NBA MVPs Steph Curry and Joel Embiid. Blindsided by adversity withdrawing from a pharmaceutical medication, he dove deep into mindfulness and Eastern wisdom. Now, he combines sports psychology with ancient philosophies to help people meet the moment and prepare for what's next — whatever the future holds — through the power of presence.

## IT WAS A PLEASURE TO WORK WITH MIKE LEE

STEPH CURRY | 2X NBA MVP



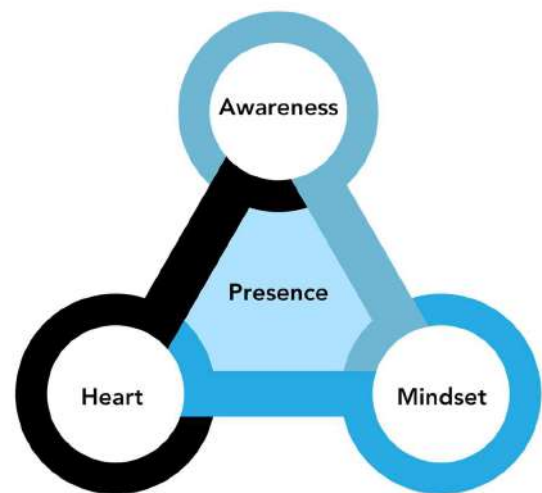
Mike's engaging, inspiring, and interactive programs at F500 companies and professional associations like Morgan Stanley, AmFam, Cisco, SHRM and IBM have earned rave reviews from bold and driven leaders. He's delivered this approach through keynotes in packed ballrooms of a thousand, virtually to a global audience, and workshops with 10-person senior leadership teams. Mike has been described as "the easiest and most conscientious speaker I've worked with", "the perfect choice to kick off our event" and having "an impeccable ability to tell a story".

Drawing on the latest research from neuroscience, sports psychology, and personal experience, he's shared stories and practical exercises — across the world — to help people find their own inner power and poise to thrive in business and life. His #1 best-seller, *New Rules for The Future of Leadership*, has been endorsed by the likes of New York Times best-selling authors, thought leaders, and other Fortune 500 executives.



# HEARTMIND METHODOLOGY

To unlock the power of the present moment it will require us to embrace the **heart** of a mindful leader and build the **mindset** of an elite athlete. We'll need empathy, compassion, and connection by leading with the heart. At the same time, we'll need the focus, discipline, and resilience of an elite athlete. And ultimately the **awareness** of which to deploy, with intention, on a moment-to-moment basis. This simple and easy to implement methodology helps us unleash a next-level culture of engagement, creativity, and belonging. This presence is a catalyst to sustainably fill the buckets of people, purpose, and profit. It's a new world, which requires us to fully embrace the present moment — where all possibilities exist.







## KEYNOTE + WORKSHOP DESCRIPTIONS

*"As a veteran producer and educator in the meetings and events space, I can say without hesitation that Mike is the **easiest, most empathetic, and most conscientious speaker** I've ever worked with. From our first pre-event call to our post-event debrief, it was clear Mike was invested in our meeting goals, customizing his message to help us best fulfill them, and then following up to ensure he had. On stage, he's as **authentic and accessible** as he is off, personifying the heart-centered, mindful leadership approach he talks about so passionately. A talk that at this particular time, is very relevant, and exactly what executives need to hear to lead contemporary (and future) workforces."*

**Anthony Bollotta**

Event Chair, Catersource + The Special Event  
Executive Producer, Bollotta Entertainment



# PRESENCE IN AN AGE OF DISTRACTIONS

We are living in a world that is dominated by constant uncertainty, overwhelming demands and nonstop disruption. In our do more with less, hustle-and-grind culture, attention spans are at an all-time low when focus has never been more paramount. We have sacrificed depth to deal with information overload — depth of focus, depth of meaning, and depth of human connection. We're burned out from dealing with the onslaught of information coming our way. But, when we can place our attention and energy into the present moment, we unlock a more meaningful, engaged, and connected way to work, lead and live.

## LEARNING OBJECTIVES

### Performance



A Steph Curry mindset to access creativity and performance in an ultra-dynamic environment

### Purpose



What Mike learned from an NBA Rookie of the Year about the power of purpose

### Mindset



A mindset from NBA MVP Joel Embiid we can apply to business performance

### Presence



Why the past is a distraction, the future can be uncertain, and the present moment is a gift

## TRANSFORMATION

When audience members leave this session, they'll be equipped with mindsets, strategies, and exercises to transcend the noise and find presence in an age of distraction, poise in an age of disruption, and performance in an age of overwhelming demands.



# RESILIENCE IN AN ERA OF UNCERTAINTY

The rise of AI, a looming recession, and rapid change have created the toughest leadership crisis of our time. During these pivotal moments, a generation of leaders and their businesses will be defined by the internal mindsets they develop and deploy. Through Mike's experience building an international basketball brand from his college apartment, and growing it while battling anxiety and depression, he understands the challenges leaders are facing in these very moments. Drawing on the latest research from sports psychology, neuroscience, and mindfulness, Mike shares timely, relevant, and actionable strategies he's personally embraced to lead through adversity.

## LEARNING OBJECTIVES

### Well-Being



Practical well-being for even the most reluctant through the lens of sports performance psychology

### Energy



How to stay connected to your energy as a leader (and recover it when you lose it).

### Resilience



A simple 3-step process to cultivate resilience in a world of overwhelming uncertainty

### Culture



Create a culture of resilience through belonging to counterbalance adversity

## TRANSFORMATION

When combined with his inspiring storytelling approach, these competencies create a resilience toolkit that has helped people across the world uncover, unlock, and unleash the purpose-driven, future-focused, and heart-centered leader within themselves during these unprecedented times.

# NEW RULES FOR THE FUTURE OF LEADERSHIP

In the wake of the unprecedented challenges of 2020, issues such as mental health, purpose, and human disconnection took center stage. The subsequent Great Resignation in 2021 revealed that conventional solutions like ping-pong tables and pay increases were insufficient for addressing long-term organizational problems. Today, as the rise of AI, the phenomenon of Quiet Quitting, and the looming recession dominate discussions, leaders are faced with the imperative to adapt. The New Rules for the Future of Leadership offers attendees a wealth of insights drawn from Mike's experiences in the NBA, examples of innovative companies, and his personal journey through adversity.

## LEARNING OBJECTIVES

### Mindfulness



Apply practical mindfulness tools to elevate well-being and leadership presence

### Purpose



Activate individual and organizational purpose to elevate performance and fulfillment

### Talent



Attract, engage and retain top talent to give yourself an edge in an ultra-competitive world

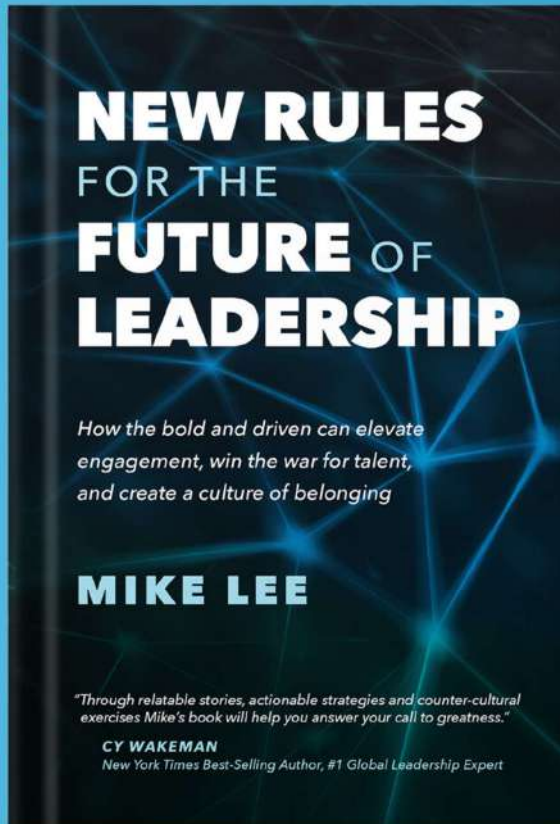
### Belonging



Create a culture of belonging through human-centric, heart-centered leadership

## TRANSFORMATION

By integrating these leadership competencies with cutting-edge research on the future of work, readers can position themselves to inspire, impact, and influence not only their teams and organizations but potentially the world at large.



Amidst the aftermath of the pandemic, including the Great Resignation and the impact of AI, leaders must adapt. *New Rules for the Future of Leadership* offers insights from Mike's NBA experiences, innovative companies, and personal journey. With impactful stories, strategic frameworks, and transformative mindsets, the book is a guide for thriving in the dynamic world of work.

Integrating leadership competencies with cutting-edge research, readers can inspire and influence teams and organizations. An indispensable resource, the #1 best-selling book helps leaders navigate the complexities of the modern business landscape with resilience and success.

"Through relatable stories, actionable strategies and counter-cultural exercises Mike's book will help you answer your call to greatness."

#### Cy Wakeman

New York Times Best-Selling Author, #1 Ranked Global Leadership Expert

"The new world of work belongs to the purpose-driven, heart-centered and future-focused who use their businesses as a vehicle for impact. In his book Mike challenges us to think bigger and shares strategies for individual contributors and leaders to meet the moment and prepare for what's next."

#### Josh Linkner

3X New York Times Best-Selling Author, Serial Tech Entrepreneur, Venture Capitalist

"Whether you're leading a movement or a start-up, if you're trying to change an organizational culture or the world, this book will change how you lead your people, grow your business and live your life."

#### Seth Mattison

Keynote Speaker, Founding Partner, Impact Eleven





# OUR PROCESS

From the athletic space to the finance world, we leverage unique perspectives, research, and diverse experiences to deliver a customized program designed to move business forward. Interviews with employees, association members, and leaders drive a customized approach to solve your organization's top challenges. And, with our continued impact program, you'll have resources to further the mindsets, strategies, and exercises delivered at the event for lasting transformation.

1

## INITIAL CONSULTATION

Initiate a kick-off call with stakeholders to understand desired outcomes, aspirations, and the transformation they seek from the program.

2

## RESEARCH AND DISCOVERY

Conduct thorough research and interviews to gather insights, ensuring the content is timely, actionable, and relevant for maximum impact and transformation.

3

## CUSTOM PROGRAM DEVELOPMENT

Identify the intersection between the content and the client's challenges, allowing for the creation of a tailored program that specifically addresses their needs and drives tangible results.

4

## REVIEW AND ALIGNMENT

Schedule a review call, if necessary, to ensure that the developed content aligns seamlessly with the objectives outlined during the initial consultation.

5

## PROGRAM DELIVERY

Mike will present an inspiring, and engaging program, incorporating actionable strategies and thought-provoking ideas to captivate the audience and drive the desired transformation.

6

## SUSTAINED IMPACT

Each client will receive access to a Masterclass. This resource is designed to reinforce the impact from the program and apply key concepts.

# IT WAS A PLEASURE TO WORK WITH MIKE LEE

STEPH CURRY | 2X NBA MVP



## RAVE REVIEWS

"Mike's leadership approach is refreshingly down-to-earth, authentic, and straightforward. The concepts he shared are transformative on both professional and personal levels, paving the way for more effective leadership and an impactful life. The session was filled with insightful, thought-provoking, and actionable ideas that I know our members are eager to implement for personal growth and to serve their people. If you're looking for a speaker that brings a fresh perspective from outside of the traditional HR space we can't recommend him highly enough."

— North Carolina SHRM

State Conference Committee

"Mike's story is inspiring and his message is rooted in practicality. His strategies will help your people unlock the potential within."

— Larry Murphy

Chief Strategy Officer, The Walt Disney Company

"Mike's message on the power of purpose and presence is essential for navigating the complexities of modern leadership. In Mike's keynote, he shared how to align our actions with a deeper sense of purpose and to cultivate a present-moment awareness that enables us to make more impactful decisions and forge stronger connections. Mike's message is key to any organization seeking to elevate their leadership, improve performance, and drive meaningful change in their organization."

— Caylee Noggle

CEO, Georgia Hospital Association

“You have an impeccable ability to tell a story, and get people emotionally invested in that story. Even though many of the stories are of elite athletes the lessons are relatable, practical and transcend industries to drive high-performance cultures.”

— **Candice Winter**

Director of Talent Acquisition, Nexient

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“If you’re looking to inspire and elevate your people, look no further. Mike helped our leaders really focus on purpose-driven, heartfelt leadership that will have a huge impact on our culture of belonging and well-being.”

— **Richard Steffen**

President, American Family Insurance

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“Mike was literally the perfect choice to kick off our event and set the tone for the rest of the day with Jesse Itzler and Mike Tyson. The basketball stories had takeaways for a general audience even if you don't follow the game and left everyone wanting more. I couldn't believe how fast the hour went by! We would have him back in a heartbeat!”

— **Chris Flakus**

CEO, The CSI Companies

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“Mike Lee’s authentic and transparent talk of his journey unlocked something in me. Simple, raw and personable was exactly what I needed both personally and professionally. Thank you Mike for your courage to share!”

— **Fran Villarmia-Kahwai**

Hawai’i Association of Realtors

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“I had been trying to figure out what my purpose was for the last year and just couldn’t get there. I had a breakthrough in the first 15 minutes of our session and uncovered exactly what it was because of the series of stories and exercises you took us through. I can now tie this personal purpose to my purpose at work and our organization as a whole.”

— **Peter Hiestand**

Senior Director, Cisco



“Mike Lee approaches success and performance from a coach’s perspective, understanding that to be a top “athlete” in any domain requires optimizing one’s performance in 4 different domains: mind, body, spirit, and emotions. Mike’s latest book is a manual for individual and organizational high performance, combining his many years of coaching experience and research into evidence-based practices. The practical, hands-on exercises and compelling stories of their application produce a visionary guide on how to get better at just about anything—including engagement, retention, talent attraction, and organizational leadership. And you’ll find purpose and fulfillment doing it.”

— **Eric Severson**

Chief People Officer, Neiman Marcus Group

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“Mike’s message on the power of the present moment was incredibly impactful. He spent time up front getting to understand our business, people and industry and was able to seamlessly tie his talk into our North America Annual Meeting theme. Mike brought a unique combination of energy and compassion that really connected us with our people. And I know his message not only impacted our people’s lives, but will support us in reaching our strategic initiatives.”

— **James Rooney**

CEO and Chairman of the Board, DazPak

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“If you want someone who understands the power of presence, performance, and people then Mike Lee is your go-to person. Every encounter we have exchanged left me a wiser and bolder leader and human being. Mike knows the theory, the practice, and how to deliver them. What else do you need if you are looking to build presence, resiliency, leadership, and peak performance. “

— **Patrick Kozakiewicz**

Global Mindfulness Leader, Kendryl (former IBM)

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“Listening to and learning from Mike has not only been a positive experience but also a powerful one. In a world of change, he has a knack for simple tools that help you focus on the path forward. It’s been great to connect with him over the past year, both one-on-one and in larger groups – he’s able to keep everyone engaged and it will be great to see him in-person one day soon.”

— **Richard Curtis**

CEO, FutureBrand Australia

# TRUSTED BY LEADING BRANDS



Morgan Stanley



## WHO WE WORK WITH

Our clients are high-performing, bold leaders who desire to influence those they lead and make an impact on the world. They have the open-mindedness to always step out of their comfort zones, think differently, and challenge the status quo.



## WHY WE DO IT

We help organizations level up their performance through non-traditional approaches to improving engagement, cultivating resilience, and transformational leadership. Ultimately, impacting their ability to drive innovation, foster creativity, and solve the complex, critical challenges we're facing in today's world.



## HOW WE DO IT

We affect change at the root level. The individual. Through a research-backed, inspiring storytelling approach we equip them with the skills, mindsets, and strategies of basketball's elite, blended with mindfulness and emotional intelligence, to unlock the human potential within. We believe that transforming people transforms organizations.



LET'S TRANSCEND THE  
NOISE. TOGETHER.