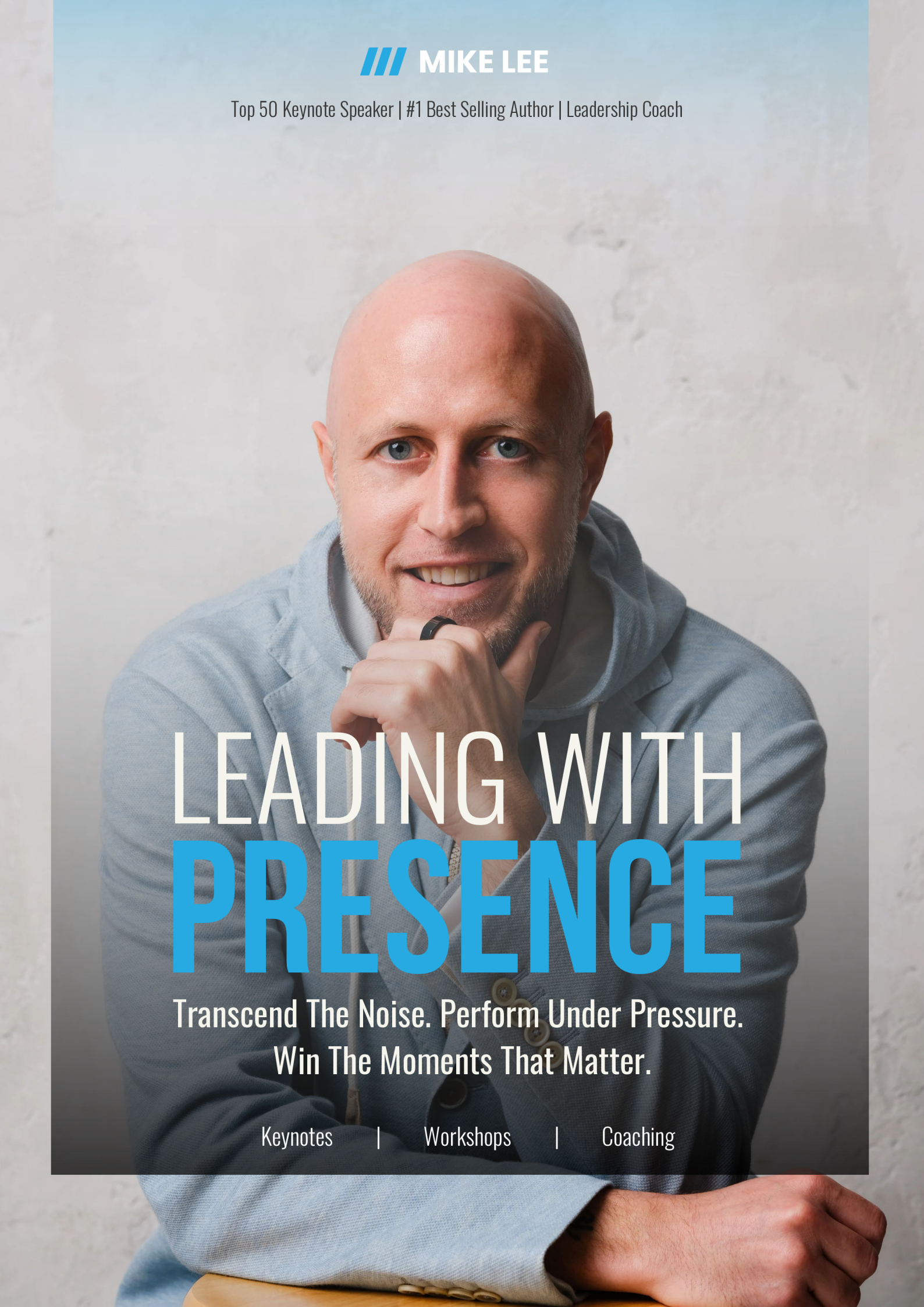


A portrait of Mike Lee, a bald man with a light beard and blue eyes, wearing a grey hoodie. He is smiling and has his hand near his chin. The background is a textured, light-colored wall.

/// MIKE LEE

Top 50 Keynote Speaker | #1 Best Selling Author | Leadership Coach

LEADING WITH **PRESENCE**

Transcend The Noise. Perform Under Pressure.
Win The Moments That Matter.

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 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 of AI adoption, rapid change, and constant distractions our ability to be present is tested every single day. 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.](#)



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 as a result of stress

\$37,000

per manager is the cost incurred by companies due to lost focus each year

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

OFFICIAL BIOGRAPHY

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



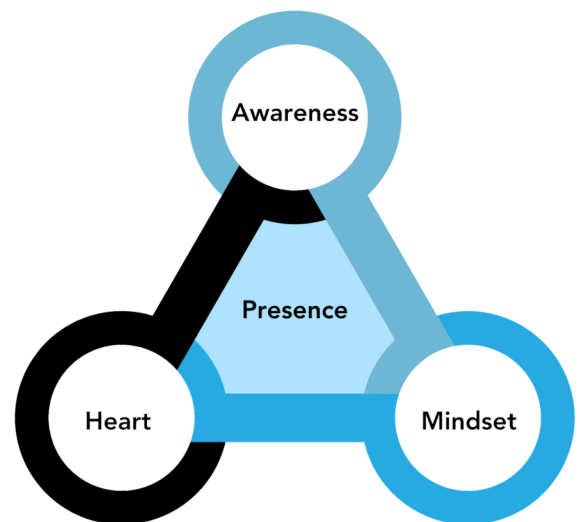
Mike's engaging, inspiring, and interactive programs at Fortune 500 companies and professional associations like Google, Cisco, Deloitte, Morgan Stanley, and Wells Fargo have earned rave reviews from bold and driven leaders. He's delivered this approach through keynotes in packed ballrooms of a thousand, 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. In 2026, Real Leaders named him one of its Top 50 Impact Speakers, joining past nominees Tony Robbins, Gary Vaynerchuk, and Brené Brown.



HEARTMIND METHODOLOGY

Winning the moments that matter 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.





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, by the way, 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

THE POWER OF PRESENCE

Transformational Leadership and Peak Performance For The Modern Era

In a world dominated by distractions, AI disruption, and relentless uncertainty our ability to be present and drive business growth is tested every single day. With two decades of experience alongside NBA MVPs like Steph Curry and Joel Embiid, Mike understands the vital role of presence in peak performance and leadership.

This insight was profoundly deepened during the horrific withdrawal symptoms of an anti-depressant medication, which disrupted his ability to focus and work effectively. So he went on a mission to reclaim the present moment with counter-cultural approaches, rigorous research, and massive personal growth.

He emerged from this experience with a simple methodology that merges the mindsets of basketball's elite with Eastern philosophy to navigate today's complex era. At first glance, these might seem like worlds apart, but they both prioritize presence to optimize performance, elevate psychology, and impact people.

LEARNING OBJECTIVES

- 1 Develop Your People:** Cultivate authentic connections that inspire and engage teams, creating a culture of belonging where individuals feel seen, valued, and motivated.
- 2 Unlock Your Performance:** Use presence to boost performance, helping individuals consistently deliver their best work by staying engaged in the moment.
- 3 Optimize Your Psychology:** Use presence to reduce stress, anxiety, and burnout and enhance mental resilience for better leadership and well-being.
- 4 Activate Your Purpose:** Unleash individual and organizational purpose to elevate focus, improve decision-making, and drive engagement.

THIS PROGRAM IS IDEAL FOR

Leaders & Executives seeking to drive growth, inspire teams, and foster authentic connections through mindful leadership and presence.

High-Performing Teams & Professionals who want to optimize performance, reduce anxiety, and build resilience in a fast-paced, distraction-filled world.

Organizations Focused on Leadership to enhance decision-making, engagement, and well-being with purpose-driven, present-moment leadership.

PEAK PERFORMANCE IN AN AGE OF DISTRACTIONS

Counter-Cultural Principles That Crossover From The Court to Business and Life

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. This creates the biggest barrier to sustaining peak performance — the constant battleground of our mind for the present moment.

In this high-impact program, Mike shares personal stories, proven strategies, and powerful mindsets he's learned from times on the court with basketball's elite like MVPs Steph Curry and Joel Embiid, as well as, Rookie of The Year Malcolm Brogdon.

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.

LEARNING OBJECTIVES

- 1 Unlock Your Performance:** A mindset from social entrepreneur and NBA MVP, Steph Curry, to access creativity and performance in an ultra-dynamic environment.
- 2 Activate Your Purpose:** What Mike learned from an NBA Rookie of the Year about the power of purpose.
- 3 Elevate Your Mindset:** A mindset from NBA MVP Joel Embiid we can apply to business performance.
- 4 Cultivate Your Presence:** What separated Kobe Bryant beyond his basketball skills that apply to workplace performance.

THIS PROGRAM IS IDEAL FOR

Business Leaders & Executives striving to maintain focus, creativity, and high performance amidst overwhelming demands.

High-Performing Sales Teams & Sales Professionals looking to adopt elite mindsets from basketball's elite to elevate their performance, presence, and purpose.

Organizations Focused on Innovation & Growth that want to equip their workforce with strategies and mindsets to enhance focus, resilience, and poise.

NEW RULES FOR THE FUTURE OF LEADERSHIP

How To Elevate Engagement, Win The War For Talent and Create A Culture Of Belonging

The future of leadership is more human than ever. In 2020 challenges lingering in the background like mental health, purpose, and belonging immediately rose to the surface. The Great Resignation of 2021 highlighted that traditional solutions like perks and salary increases fell short of addressing deep-seated organizational challenges. Today, the adoption of AI, remote work environments, and the looming recession are front and center for leaders. The impact of Covid changed how we work, our relationship to work, and the expectations of leaders across all industries. And senior leaders, emerging leaders, and leaders without a title need to be equipped with internal skills to navigate this new world of work.

This program is designed to equip leaders with the purpose-driven, future-focused, mindfully aware, and heart-centered leadership skills to meet the moment and prepare for what's next. These research-backed competencies are proven to elevate engagement, attract top talent, improve well-being, and create a culture of belonging. Ultimately helping organizations sustain peak performance, drive growth, and create their future in the new economy.

LEARNING OBJECTIVES

- 1 Ignite Your Purpose:** Activate personal and organizational purpose to drive employee engagement and build a legacy.
- 2 Apply Mindfulness:** Utilize practical mindfulness skills to elevate high-performance and well-being.
- 3 Optimize Your Talent:** Attract, engage, and retain top talent to give yourself an edge in an ultra-competitive world.
- 4 Build Your Culture:** Create a culture of belonging and psychological safety through human-centric, heart-centered leadership.

THIS PROGRAM IS IDEAL FOR

Senior Leaders & HR Executives aiming to improve employee engagement, attract top talent, and build a purpose-driven, human-centric culture.

Emerging Leaders & People Managers who are navigating the new demands of leadership like purpose, belonging, and well-being.

Organizations Focused on Culture & Retention that want to implement research-backed strategies to create a culture of belonging, psychological safety, and peak performance.

MINDFULNESS IN THE MODERN WORLD

How To Beat Burnout, Elevate Performance And Cultivate Well-Being

In an age of rapid technological advances, global crises, and relentless change, our workforce is more stressed and burned out than ever before. According to Gallup's State of the Global Workplace report, employees are experiencing record levels of stress, leading to a significant rise in mental health challenges. Meanwhile, research from Harvard Business Review shows we are only fully present about 50% of the day, meaning half of our workweek is lost to distractions, stress, and disengagement.

In this program, mindfulness keynote speaker Mike Lee shows how the present moment is the gateway to peak performance, engagement, and emotional well-being. With the acceleration of remote work, AI integration, and economic uncertainty, it's easy to get stuck in past regrets or future worries. But the best thing you can do for your future self, your organization, and the people you lead is to master the ability to be fully present. As the external world continues to evolve at a rapid speed, the key to sustainable growth is an internal shift.

LEARNING OBJECTIVES

- 1 Debunk Mindfulness Myths:** The common myths and barriers to starting a mindfulness practice.
- 2 Create Mental Space:** Access the power of the Decision Gap to lead with intention and your values.
- 3 Enhance Peak Performance:** Practical application to elevate high-performance, decrease stress, and improve emotional resilience.
- 4 Real Time Experience:** A mindfulness meditation session that you can incorporate into your daily routine to develop the skill.

THIS PROGRAM IS IDEAL FOR

Leaders & Professionals in High-Stress Industries who are seeking tools to combat burnout, improve focus, and enhance well-being.

Organizations Focused on Mental Health & Employee Well-Being that want to equip their teams with mindfulness practices to reduce stress, increase engagement, and boost emotional resilience.

Teams Experiencing High Levels of Distraction looking to implement mindfulness strategies to improve presence, emotional intelligence, and peak performance.



RESILIENCE IN AN ERA OF UNCERTAINTY

A New Approach To Navigate Constant Disruption, Adversity and Change

The rise of AI, a looming recession, and rapid changes have created an unprecedented leadership crisis. Traditional resilience practices are no longer sustainable. In our modern world, they often lead to burnout and exhaustion. But, for individuals, teams, and companies that create an internal shift in their mindsets, there is a new path forward.

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.

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.

LEARNING OBJECTIVES

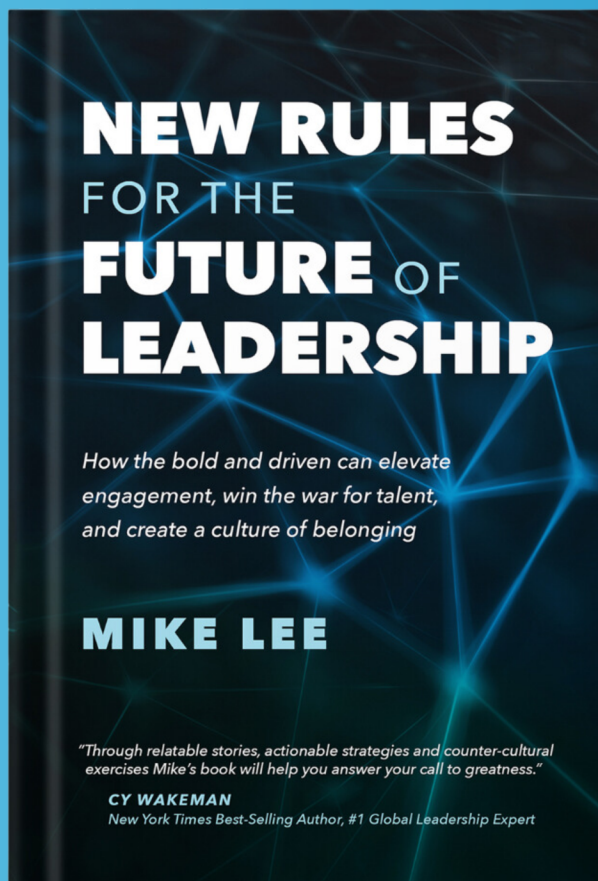
- 1 Enhance Your Well-Being:** Practical well-being for even the most reluctant through the lens of sports performance psychology.
- 2 Sustain Your Energy:** How to stay connected to your energy as a leader (and recover it when you lose it).
- 3 Build Your Resilience:** A simple 3-step process to cultivate resilience in a world of overwhelming uncertainty.
- 4 Design Your Culture:** Create a culture of resilience through belonging to counterbalance adversity.

THIS PROGRAM IS IDEAL FOR

Senior Leaders & Executives managing high-stakes decision-making during periods of constant disruption, and A.I. adoption.

Team Leaders & Managers looking to foster resilience and well-being within their teams, while maintaining energy and productivity.

Organizations Prioritizing Culture seeking actionable strategies to design a culture of belonging, resilience, and psychological safety.



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, ImpactEleven

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 high 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 absolutely 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

“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

“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

“Mike Lee’s authentic and transparent talk of his journey unlocked something in me. What an inspiring story of using optimism and mindfulness to ride the ebbs and flows of business. Simple, raw, and personable was exactly what I needed to hear. Thank you Mike for your courage to share!”

— **Fran Villarmia-Kahwai**

Hawaii Association of Realtors

“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

“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 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

“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)

“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 a 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