



Mike Lee

BUSINESS LEADER · SPORTS PERSONALITY

High-Performance Leadership Lessons From NBA's Elite



VISIT MIKE'S WEBSITE

About:

- **Gender:** Male
- **Nationality:** United States
- **Languages:** English
- **Travels from:** United States

Engagement Types:

- Coaching
- Speaking
- Training and Workshops

Biography Highlights

- In a world dominated by distractions and disruption, Mike Lee helps organizations unlock the potential of people, performance, and psychology through the power of presence. His HeartMind methodology blends a background working with NBA MVPs Steph Curry and Joel Embiid with practical Eastern philosophy, creating a modern approach to leadership.

Biography

Mike Lee: Keynote Speaker, Leadership Coach, #1 Best-Selling Author

Mike Lee is a globally recognized keynote speaker, #1 best-selling author, and leadership coach who helps individuals, teams and companies unlock the potential of people, performance and psychology through the power of presence. For 15 years he spent time with basketball's 1% including NBA MVPs Steph Curry and Joel Embiid. While leading his basketball training business, he was blindsided by the withdrawal symptoms of an anti-depressant medication and dove deep into the practices of mindfulness and meditation. Today he's merged strategies, habits, and belief systems of basketball's elite with timeless, practical, and relatable Eastern

Topics:

- Business Strategy & Growth
- Change Management
- Cross-Cultural Communication
- Employee Experience
- Executive Development
- Growth Mindset
- Growth Strategy
- Innovation & Digital Transformation
- Leadership & Management
- Mindfulness & Resilience
- Motivation and Inspiration
- Organizational Culture
- Peak Performance
- Personal Development
- Team Dynamics
- Team Leadership
- Workplace Psychology

Websites:

- [Website](#)

philosophy to create a toolkit to navigate the complexities of today's era.

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".

Building his basketball business from his college apartment, while battling anxiety and depression, Mike understands the challenges leaders face in this volatile, uncertain, and complex world. His unique combination of personal adversity and basketball background gives him the ability to connect in a vulnerable and authentic way with a diverse range of audiences from the stage.

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 latest book, *The 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.

Videos



Mike's Topics

THE POWER OF PRESENCE

Unlocking Peak Performance and Transformational Leadership in the Modern Era

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.

PROGRAM DESCRIPTION

In a world dominated by distractions, A.I. 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.

Through this experience, he built 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.

This keynote offers a practical toolkit to help leaders navigate modern challenges, emphasizing that personal and professional success is not about the hours worked but the quality of presence brought to each moment. Through a research-backed, inspiring storytelling approach, attendees will learn how to thrive amidst today's demands by embracing the mindset of an elite athlete and the heart of a mindful leader.

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.

Available: In person, Virtually

PEAK PERFORMANCE IN AN AGE OF DISTRACTION

Five mindsets of basketball's elite for peak 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.

PROGRAM DESCRIPTION

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. These counter-cultural peak performance principles crossover from the court to business and life.

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.

Available: In person, Virtually

RESILIENCE IN AN ERA OF UNCERTAINTY

A new approach to navigate constant disruption, adversity, and change through the power of presence

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.

PROGRAM DESCRIPTION

The rise of AI, the threat of a 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.

Available: In person, Virtually

NEW RULES FOR THE FUTURE OF LEADERSHIP

How the bold and driven can elevate engagement, win the war for talent, and create a culture of belonging

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.

PROGRAM DESCRIPTION

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.

MINDFULNESS IN THE MODERN WORLD

How to beat burnout, elevate performance, and cultivate well-being in a volatile, uncertain, and complex world

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.

PROGRAM DESCRIPTION

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. The American Institute of Stress estimates that workplace stress costs U.S. businesses over \$300 billion per year. 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. Mike Lee draws from his personal journey through adversity and his experience with sports performance to deliver a relatable and impactful keynote. By embracing mindfulness, we can develop emotional intelligence, build self-awareness, and cultivate the resilience needed to not just survive but thrive in today's high-pressure environment.

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.

Testimonials

“

It was a pleasure to work with Mike Lee

Stephen Curry

MVP

NBA

“

Mike's message is inspiring and message rooted in practicality. The strategies he's teaching will help your people unlock the potential within

Larry Murphy

Chief Strategy Officer

The Walt Disney Company

“

I've had the opportunity to experience Mike both virtually and live, in-person. Regardless of how you decide to work with him, you're going to walk away with strategies to better navigate through adversity, build focus and enhance overall professional performance. His content, stories, and mindsets could not be more relevant at this time!

Brad Pavelec

Cisco

“

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

Managing Director

North America, ALPLA

“

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

“

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.

Rich 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

CSI Companies

“

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 Program Leader

IBM

“

Mike's presentation today to our sales team was extremely relevant in dealing with our state of constant distractions and hurricane of emotions. He did a fantastic job.

Dave Donarski

National Head of Sales and Strategy

BMO Harris

“

Mike, your keynote speaker session at the recent NHRMA conference was great! Mindfulness, and meditation, specifically, was more of a buzzword to me heading into the session. You took it from a buzzword to something real, tangible. More importantly, your examples inspired me to action. Thank you!

Carrie Schleicher

HR Manager

PwC

“

Thank you for kicking off the 87th Arkansas Municipal League Convention with an amazing keynote presentation. Your keynote was so relevant to this past year's challenges posed by the ongoing pandemic. The feedback that we have received has been overwhelmingly positive. Thank you, again.

Whitnee V. Bullerwell

Deputy Director

Arkansas Municipal League

“

We hosted Mike Lee for an impactful performance coaching event for our members. Even months later our members speak very highly of his session because they've used his strategies to keep them on track to achieving their goals. The unique combination of relatable stories plus actionable strategies really made this program stick.

Michael Unger

FPA Miami

“

So inspiring! The world needs to hear what you have to say!

Member

SHRM

“

Mike is one of my go-to resources for expanding my own practice and personal training in mindfulness. He has a powerful personal story that accompanies the keynote and his book is a great addendum to help people jump-start their own practice.

Ryan Estis

International Business Speaker

“

Just fantastic. People laughed, they cried and were able to implement his strategies immediately.

Jeff Johnson

CEO

1st National Bank

“

Mike's guidance, mindsets, and strategies were instrumental in my success on and off the court. Practicing these strategies has been a big driver in ultimately fulfilling my childhood dream of playing in the NBA. Like so many other concepts, there is a huge crossover from what applies in the sports world to leadership, organizational performance, and personal transformation.

Matt Thomas

Chicago Bulls

“

Mike effectively introduced the basics of meditation and demonstrated to my team how it was applicable in their daily professional lives. The stories he shares illustrated how mindfulness can decrease stress, improve the ability to focus and work more efficiently. His presentation had many practical takeaways.

Mitchell Stein

Vice President

Beyer Stein Group at Morgan Stanley

“

I appreciated your authenticity, your vulnerability, and your humbleness. Your sharing of personal examples brought many of the concepts alive.

John Graham

Chief Marketing Officer

Dutch Bros Coffee

“

When I hear Mike speak I'm always taking away concepts to use with my NBA and corporate clients.

Rainer Meisterjahn

Performance Psychologist

“

As someone who's built, led, and sold a multimillion-dollar business, I know the skills and strategies Mike is teaching are invaluable.

Jim Weatherly

Entrepreneur

GlobalTranz (retired)

“

Wow, you took my breath away today. Your talk was extremely powerful! Exactly what I needed to

hear today!

TriState SHRM

“

This is exactly what has been missing from our leadership style during this pandemic...this inspires me to work with my team to move through adversity.

SHRM

“

Best presentation by far. I could not take notes fast enough. The definitions of mindfulness, meditation and EQ are so helpful

NHRMA

“

I love the storytelling

IBM

“

Mike was very responsive during our communications, which is always a positive in my book, especially when trying to book and plan with a speaker. Mike also took the time to learn more about his audience before the keynote presentation. Not only did he speak with two of our members a few weeks prior to the event, he also attended sessions at the conference to tie some of the messaging into his talk.

Chelsea Andujar

Director, Meetings and Events

Carolinas Association General Contractors

“

You have an impeccable ability to tell a story and get people emotionally invested in that story. I'm not trying to be a pro basketball player, for example, but the stories of individuals you have worked with, blockers and ways of removing those blockers to drive performance transcends industries.

Candice Winter

Director of Talent Acquisition

Nexient

“

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

“

A big thank you for delivering such a powerful and thoughtful session today! I also had my own breakthrough during one of your exercises and I am so happy that we got connected!

Tania Devall

Director, Strategy and Planning

“

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 and Executive Producer

CaterSource + The Special Event Leadership Meeting and Bollotta Entertainment

Speaker Bureaus And Talent Agencies

Mike Lee is available to book via these agencies

✓ **Recommended**



Speaking Agency