



The Best Speakers. Curated for Healthcare.

Find the perfect speaker for your next event with H Speakers, an initiative from the Massachusetts Health and Hospital Association.

Mike Lee



Focus:

Leadership | Performance | Resilience and Change

Education:

B.S. Psychology/ Basketball Entrepreneurship University of Wisconsin

Background:

Bridging his background in basketball leadership and performance — training some of basketball's 1% — with mindfulness and emotional intelligence, Mike helps high-performing leaders master the psychology needed to lead and perform in a 2020 world.

Through his experience building an international basketball brand from his

college apartment, and growing it while beating the heroin-like withdrawal symptoms of pharmaceutical medication, Mike understands the challenges leaders face.

In the basketball world, it's crucial that players have the fundamental skills to execute the team's strategy. In the business world, it's no different. People need the foundational skills like self-awareness, presence and resilience to constantly adapt, perform and create in this time of unprecedented change.

Drawing on the latest research from neuroscience, basketball and personal experience, he's shared stories and practical exercises — across the United States, Indonesia and Spain — to help people find their own inner power and poise to thrive in business and life.

He is the founder of Thrive3, a basketball training company that “creates game-changing experiences that crossover from the court to life”. Mike is also the author of the internationally sold book, UN/TRAIN. Below are outlines of his two program pillars:

Sports Principles- Strategies, skills and mindsets of NBA's elite to deliver world-class performance in any arena.

Mindfulness- Win the battleground of your mind to place your attention and energy into the present moment. The only place where innovation, creativity and possibilities exist.

To book Mike Lee or for more information on finding the right speaker for your event please contact us on our website at www.hspeakers.com or call us at 857.770.1281.

