



## HIGH PERFORMANCE LEADERSHIP LESSONS FROM BASKETBALL'S ELITE

Mike Lee is the founder of MindShift Labs and possesses a tremendous background spending time on the court with elite NBA stars such as MVP Steph Curry and All-Star Joel Embiid. He's blended this experience — helping players use mindset and focus to shift their performance in an ultra-competitive environment — with mindfulness, to level up business performance and personal leadership.

His 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, driven and future-focused leaders. He's also shared the stage with cultural icons and speakers such as Mike Tyson, Eric Thomas and Jesse Itzler.

Through his experience building an international basketball brand from his college apartment, and growing it while battling anxiety and depression, Mike understands the challenges leaders face in this rapidly changing, uncertain and demanding world.

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

Mike is also the author of the internationally sold book, *UN/TRAIN* and the host of *The MindShift Lab* Podcast.

### SOCIAL CHANNELS

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