

Dennis Buttimer

M.Ed, CEAP, RYT, CHC

Executive Coach, Keynote Speaker, Corporate Trainer, TEDx Speaker, Consultant and Author
As featured on CNN, NBC 11Alive and
Newstalk Radio 1160



Mindful Performance: Invest in feeling and performing at your best!

Mindful Performance cuts through the noise and busyness of the external world, so that you can focus on what really matters and achieve your goals with a sense of purpose and satisfaction!



About Dennis

Over the past three decades, Dennis Buttimer has been a coach, speaker and leader in the helping profession. With a rich background in employee assistance programming (EAP), corporate training, and wellness programming, Dennis draws on his unique skill set to help individuals and organizations to be more productive in all areas of their lives.

Dennis encourages and guides organizations into mindful performance, leading them to increased performance and success. He has developed successful techniques and strategies based not only on his professional education and training but also on his professional and personal experiences.

Book Dennis for your next speaking event!

404-949-9500

Dennis@pathtobestself.com

Speaking Topics

- Mindful Performance: Lower Your Stress to Perform At Your Best™
- Mindful Mojo for Peak Performance™
- The Power of Positive Psychology
- Integrative Wellness: Cultivate Optimal Well-Being

Testimonials

"An inspiring and meaningful program on every level with a solid message. Absolute professionalism with both motivating and pragmatic ideas to implement. My team of executives could not wait to have Dennis return for more!"

- Craig Eister, SVP, InterContinental Hotels Group (IHG)

"Dennis facilitated three sessions on the topic of Achieving Mindful Performance and each session had more participants than the one before it. It was obvious from not only those employees that told us but by word of mouth the event was a success and the participants are hungry for more."

- Donna Lee, Manager HR & Benefits, Esquire Deposition Solutions

"Dennis' work with our team at Hi-Rez was well-received and the attendees of his 'Mindful Mojo for Peak Performance' program have given very positive feedback. I highly recommend him to organizations who are seeking improved work results, work/life balance and overall mindful performance!"

- Alissa Twombly, HR Manager, Hi-Rez Studios



Dennis has established a reputation as a stress/mindfulness expert. His speaking style is warm, engaging and humorous. His passion and focus is to help individuals and organizations to optimal success.

Along with his wife and business partner Angela, he co-authored Inspired: 365 Days of Mindful Mojo (2018) and CALM: Choosing To Live Mindfully (2011)..

Together, they did a TEDx Talk, **Defusing Stress with Mindful Mojo** (2017). In 2012, he traveled the country teaching fellow professionals about mind-body interventions for stress, anxiety and depression. He is also a regular contributor to **Huffington Post** and has been featured on **CNN**, **WXIA-11 Alive** and **Newstalk 1160AM**. Personally, Dennis enjoys yoga, hiking, music, cooking & reading.

