



Motivational Speaker Specializing in Leadership, Resilience, Organizational Change

Dennis Buttimer

Keynote Speaker, Corporate
Trainer, TEDx Speaker, Coach

" When you feel your best, you
perform and live at your best! "

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About Dennis



Dennis Buttimer is a keynote speaker, leadership strategist, and organizational consultant with more than three decades of experience helping leaders and organizations thrive in today's rapidly changing world. Recognized for his expertise in mindful leadership, human behavior, and performance optimization, Dennis delivers practical strategies that improve resilience, productivity, leadership effectiveness, and workplace culture. His engaging presentations combine professional expertise, real-world experience, and actionable tools that inspire meaningful growth and sustainable success. Dennis is an outstanding choice for organizations seeking both inspiration and practical results.

Book Dennis for your next speaking event!
dennis@buttimerconsulting.com or 404-949-9500

Speaking Topics

- The Mindful Leadership Advantage
- THRIVE with Mindful Mojo: A Resilience Mindset
- Mindful Performance: Feel and Perform at Your Best
- Emotional Intelligence & Positive Psychology

Customized Programs

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TESTIMONIALS

"An inspiring and highly impactful program with motivating yet practical ideas our executives could immediately apply. Our team could not wait to have Dennis return."

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

"Dennis exceeded our expectations in designing and delivering a unique mindfulness and Diversity & Inclusion leadership program for our organization."

— Kate A. Coker-Daisie, Director of Training & Organizational Development, Georgia Department of Revenue

"Each session Dennis facilitated drew more participants than the one before it. The response was overwhelmingly positive, and employees were eager for more."

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

"Dennis delivers an engaging blend of neuroscience, experiential learning, and humor that resonates with audiences and supports sustainable high performance."

— Alissa Twombly, HR Manager, Hi-Rez Studios



Dennis is a leadership strategist, keynote speaker, and mindfulness expert known for his engaging and relatable speaking style. His mission is to help individuals and organizations build resilience, improve performance, and achieve greater success. Alongside his wife and business partner, Angela, he co-authored several books, including *The Mindful Leadership Advantage: Optimizing Performance, Productivity, and People* (2026).

Together, they presented the TEDx Talk *Defusing Stress with Mindful Mojo* (2017). Dennis has taught resilience and mind-body strategies nationally and internationally and has been featured on CNN, PBS, WXIA-11 Alive, and other media outlets.

