



**Motivational Speaker  
Specializing in  
Leadership, Mindfulness,  
and Organizational Change**

## **Dennis Buttimer**

**Keynote Speaker, Corporate  
Trainer, TEDx Speaker, Coach**

Does your organization or your audiences need inspiration and takeaway tools to maximize performance, productivity, and profitability in today's world? Imagine your team members, or audiences operating more skillfully and productively!

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

## **About Dennis**



Over the past three decades, Dennis Buttimer has been a speaker leader, coach, and organizational specialist. Known as an expert in human behavior, Dennis provides proven tools for today's rapidly changing times! With a rich background in human behavior, 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. He is considered an expert in mindful leadership and behavioral psychology. Dennis encourages and guides organizations into mindful performance, leading them to increased performance, productivity, and success. Dennis has developed successful techniques and strategies based not only on his professional education and training but also on his professional and personal experiences. If you want a powerful speaker to inspire and motivate your team, Dennis is the logical choice!

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

# Speaking Topics

- 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 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)**

*"My team and I had the pleasure of working with Dennis on a Mindfulness session in preparation for our leaders' Diversity and Inclusion training. Dennis is passionate about his mission and is very patient working through the design of the program. We had a unique request pairing Mindfulness with D&I, Dennis exceeded our expectations!"*

**- Kate A. Coker-Daisie, Director of Training/Organizational Development, Georgia Department of Revenue**

*"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. Dennis' upbeat delivery approach of neuroscience, experiential components and humor seems to be an excellent style for participants' learning and sustainability. I highly recommend him to organizations who are seeking improved work results, work/life balance and overall mindful performance!"*

**-Alissa Twombly, HR Manager at Hi-Rez Studios**

*"Dennis Buttmer of Atlanta Center for Mindfulness & Well-Being perfectly presented at one of our VIP client locations recently. His presentation was completely professional, organized, eloquent and incredibly thought provoking. My team and our client's employees in attendance were totally impressed with the attention to details and interactive applications during the session. I highly recommend any time you may be privileged to gain with Dennis and his high-level skills at engaging audiences toward any aspect of wellness."*

**Nita Marie Stallard, Account Manager, Aetna**



Dennis has established a reputation as a leadership specialist and a 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 professionals about how to build resilience through mind-body interventions for stress, anxiety and depression. He has been a regular media contributor and has been featured on CNN, WXIA-11 Alive and Newstalk 1160AM.

