

Kevin Hekmat

Thrive Under Pressure

Bio

For the past decade, Kevin Hekmat has worked with Fortune 500 companies, healthcare systems, and high-performing organizations to answer one central question: how do we show up at our best when the pressure is highest? His work helps people recognize the patterns that hold them back, develop the mindset to overcome challenges, and reconnect with the difference they can make every day.

Kevin's approach comes from an unusual path. He has trained in resilience techniques used by Navy SEALs, studied meditation in monasteries across Southeast Asia, and interviewed the researchers behind one of the largest burnout studies ever conducted. These experiences inform his approach to helping people build resilience, regain clarity, and respond with greater intention when the stakes are high.

Through interactive exercises, research-backed techniques, and entertaining stories, Kevin brings these ideas to life in engaging, high-energy keynotes. Audiences recognize themselves in his stories, practice new ways of responding, and learn how to get their brain working for them when it matters most. His frameworks give people practical tools they can use in their next conversation, decision, or unexpected challenge.

As host of *Free Therapy*, an iHeart Original show, Kevin takes these conversations beyond the stage, exploring what it means to show up fully in life. One belief runs through everything he does: it's not just what you do, it's how you show up. Audiences leave with renewed purpose, a stronger sense of connection, and the tools and confidence to thrive under pressure.

Short Bio

For the past decade, Kevin Hekmat has worked with Fortune 500 companies, healthcare systems, and high-performing organizations to answer one central question: how do we show up at our best when the pressure is highest? His work helps people recognize the patterns that hold them back, develop the mindset to overcome challenges, and reconnect with the difference they can make every day. Through interactive exercises, research-backed techniques, and entertaining stories, Kevin equips audiences with practical tools to thrive under pressure.

Onstage Intro

Our next speaker has spent the past decade working with organizations across the country on one central question: how do we show up at our best when the pressure is highest?

He's the host of *Free Therapy*, an iHeart Original show, and today he'll help us transform our mindset, get our brains working for us, and discover practical ways to thrive under pressure.

A/V Requirements

- **Microphone:** A lavalier (lapel) mic is preferred. A headset mic also works well. Handheld mics are not preferred.
- **Slides:** Kevin presents from his own laptop and brings his own slide advancer. He needs an HDMI cable to connect, plus audio output from the laptop to the room's sound system (a few moments in the keynote use music and audio).
- **Monitor:** A downstage confidence monitor is preferred if possible, but not required.
- **Green room:** A quiet space for Kevin to sit in before the keynote is great to have if possible, but also not required.
- **Stage:** A bottle or glass of water onstage, please.