

COLLEGE & UNIVERSITY SIGNATURE KEYNOTES

Today's students are navigating unprecedented levels of stimulation, uncertainty, pressure, comparison, technological change, and questions about who they are and where they belong.

Dr. Mike's college and university programs combine neuroscience, nervous system regulation, human performance, breathwork, consciousness, and practical life strategies to help students become healthier, more resilient, self-aware, focused, and prepared for life beyond the classroom.

HUMAN > AI: The Skills That Will Matter Most in an Artificially Intelligent World

The Future-Ready Student Keynote

AI can generate information, analyze data, write code, create content, and increasingly perform tasks once reserved for highly educated humans.

So, what becomes more valuable, not less valuable, in an AI-driven world?

Being deeply human.

This provocative keynote shifts the conversation from competing with artificial intelligence to developing the human capacities that technology cannot easily replace: self-awareness, adaptability, emotional intelligence, creativity, intuition, communication, critical thinking, resilience, leadership, presence, connection, and the ability to perform under pressure.

Students explore how attention, nervous system state, emotional regulation, and conscious decision-making influence their ability to think independently rather than simply consume information.

Rather than fearing AI or blindly depending on it, students learn to use technology as a powerful tool while continuing to develop themselves as **thinkers, creators, leaders, and human beings**.

The future doesn't belong simply to the people who know the most.

It belongs to those who can adapt, think, connect, create, and remain human.

LIMITLESS: Master Your Mind, Your State & Your Future

College teaches students what to know. But who teaches them how to manage the person doing the knowing?

Today's students are expected to perform academically, build relationships, make career decisions, manage finances, navigate social media, prepare for an AI-driven future, and somehow figure out who they are—all while dealing with unprecedented levels of distraction and stimulation.

In this engaging and highly relatable keynote, Dr. Mike introduces students to the internal operating system behind performance and well-being: the nervous system, attention, emotions, subconscious patterns, beliefs, and identity.

Using his ****R4 Method—Regulate, Release, Rewire, Rise—****students learn practical strategies to regulate stress, interrupt limiting patterns, improve focus, develop emotional resilience, and intentionally shape the person they are becoming.

The central message is simple:

Your circumstances influence your future. Your internal state determines how you respond to them. Learn to master that state, and you dramatically expand what's possible.

Students leave with practical tools they can immediately apply to academics, relationships, athletics, career decisions, stress, and everyday life.

FROM STRESSED TO CENTERED: The Science of Nervous System Regulation

An Interactive Campus Experience

Stress has become so common in student life that many young adults no longer recognize what a truly regulated state feels like.

Academic pressure, relationships, finances, social comparison, constant notifications, uncertainty about the future, lack of sleep, and information overload can leave the nervous system continuously activated.

This interactive keynote helps students understand what is actually happening inside their bodies and brains when they experience stress, overwhelm, emotional reactivity, or difficulty focusing.

Dr. Mike translates neuroscience and physiology into a language students can understand and, more importantly, use.

Students learn practical techniques involving breathing, attention, movement, awareness, and nervous system regulation that can be used before an exam, presentation, athletic competition, difficult conversation, job interview, or stressful situation.

The experience culminates in guided breathwork and nervous system regulation, allowing students to experience an important distinction:

Calm isn't something you wait to feel. It's a state you can learn to create.

ADDITIONAL COLLEGE & UNIVERSITY TALKS

The Attention Revolution: Reclaim Your Brain in a Distracted World

A highly relevant exploration of attention, social media, constant stimulation, dopamine-driven behavior, focus, presence, and the ability to intentionally direct one of our most valuable resources: **our attention**.

Students discover practical strategies for improving concentration, reducing digital distraction, increasing productivity, and becoming more conscious of what—and who—is controlling their attention.

Who Am I Becoming? Identity, Purpose & Creating a Life That Is Actually Yours

College is often framed around one question: **What are you going to do?**

This keynote asks a more important question: **Who are you becoming?**

Students explore identity, conditioning, expectations, comparison, success, purpose, authenticity, relationships, and the difference between creating a life intentionally and simply following the path others expect of them.

Beyond Burnout: Sustainable High Performance for Students

Achievement should not require sacrificing physical and emotional well-being.

Students learn how sleep, recovery, movement, breathing, nervous system regulation, nutrition, attention, stress, and emotional patterns interact to influence academic performance, energy, resilience, and long-term health.

Ideal for honors programs, graduate students, student-athletes, pre-medical and healthcare programs, and other high-achieving student populations.

The Science of Connection: From Loneliness to Belonging

Being surrounded by thousands of people doesn't guarantee that we feel connected.

This keynote explores the neuroscience and psychology of human connection, vulnerability, authenticity, emotional awareness, social media, relationships, and belonging.

Students learn that meaningful connection begins not with accumulating more contacts or followers, but by developing the capacity to become present, authentic, aware, and connected to themselves and others.

LIMITLESS ATHLETE: The Inner Game of Peak Performance

Designed specifically for collegiate athletes and athletic departments.

Dr. Mike combines his experience as a world-record athlete with neuroscience, nervous system regulation, breathwork, physiology, recovery, emotional regulation, visualization, attention, and flow-state strategies.

Athletes learn that elite performance isn't simply about training the body harder.

The next competitive advantage is learning to regulate and command the system controlling the body.

Science & Soul: Finding Meaning in a High-Tech World

A thought-provoking presentation for campuses interested in consciousness, human potential, philosophy, health, and the intersection between science and ancient wisdom.

Students explore some of life's deeper questions—identity, awareness, purpose, consciousness, fulfillment, connection, and what it means to live a meaningful human life in an increasingly technological world.