

C-SUITE: Meet Executive Option CEO Mike Del Prado



Mike Del Prado

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Mike Del Prado is president and chief executive officer of Executive Option, a business consulting firm that provides systems support and change management to businesses in 30 countries around the globe. Del Prado is a U.S. Navy veteran committed to

giving back to the community. His nonprofit organization, the Charlie-Mike Foundation, helps other veterans find employment when they leave the military.

Q: What are you reading?

A: In my field, I have to stay current with the avalanche of written material related to my clients' industries, so I don't often get the chance to read many books cover to cover. One book that made an impression on me was "48 Laws of Power" by Robert Greene, because it illustrated notable variables in leadership style, how different individuals have addressed complex situations and it enabled me to reflect on how other leadership styles differed from or were similar to my own.

Q: What's your favorite restaurant?

A: I love steak, and Hank's Fine Steaks & Martinis at Green Valley Ranch is my favorite. While working on a project for Station Casinos, I had the occasion to go there frequently, and the customer service is excellent. The food, the atmosphere—it's all great.

Q: Where do you work out or play your favorite sport?

A: I run 5 miles every other day at 3 a.m. and usually go to the gym on alternate days. My wife, Nelly, and I train for spartan races and run about three each year. We are planning to run the invitation-only one in Sparta, Greece, next year. My fitness goal is always centered around sustaining my health. I joke it's all about keeping Mike alive for one more day.

Q: How do you decompress after a long week?

A: I enjoy cooking and listening to music. I took a cooking course once and was certified as a junior chef, but hunger is really what inspires me. I like to use my imagination, try different ethnic dishes and combine different cuisines to make them my own.

Q: What's the biggest challenge facing Southern Nevada?

A: The mass influx of people to our region, combined with shrinking resources, remains our region's biggest challenge. This reality means our community is tasked with devising complex solutions to enormous problems such as providing adequate education to a growing, diverse population and securing a sustainable supply of water and energy. By doing away with politics and focusing on consensus-building, we can create solutions. We may run into challenges along the way, but we should be steadfast in our mission and continue to focus forward.