

KAMARA MIKEL SPEAKS

Corporate Mental Wellness & Executive Resilience Keynote Speaker



Where Leadership, Performance & Mental Wellness Converge.

ABOUT KAMARA MIKEL

Kamara Mikel is a Corporate Mental Wellness & Executive Resilience Keynote Speaker, certified mental health coach, and author who helps organizations address the hidden mental cost of high performance.

With more than 25 years of corporate leadership experience, Kamara delivers transformative keynote presentations and workshops that help executives, leadership teams, and professionals sustain excellence without sacrificing mental wellness.

Her work bridges the gap between corporate performance and emotional well-being—bringing real conversations, practical strategies, and human-centered leadership insight into today's workplace culture.

CORE EXPERTISE

- Corporate Mental Wellness
- Executive Resilience
- High-Performance Burnout Prevention
- Leadership & Emotional Sustainability
- Mental Wellness in Corporate Culture
- Resilience in High-Pressure Environments

SIGNATURE KEYNOTES & WORKSHOPS

High Performance Without Burnout

Strategies to sustain excellence without sacrificing mental wellness.

The Mental Cost of Success

Addressing the silent emotional toll many professionals experience.

Executive Resilience in High-Pressure Environments

Helping leaders and teams build sustainable resilience.

From Survival to Stability

Building emotional strength through adversity and pressure.

When Success Becomes Silent Suffering

Recognizing and addressing hidden burnout among high achievers.

FEATURED BOOK

Author of “Kept My Enemy Closer,” a powerful and deeply personal account of Kamara’s battle with depression and resilience.

The book serves as the emotional foundation of her message and reflects the lived experience behind her work—making her voice both credible and deeply relatable to audiences navigating pressure, performance, and

personal challenges.

MEDIA INTERVIEW TOPICS

- The hidden emotional cost of leadership
- Why high performers silently struggle
- Mental wellness as a business issue
- Burnout in corporate America
- Building resilient workplace cultures
- Executive wellness and sustainable success

SPEAKING & MEDIA EXPERIENCE

- Women's Empowerment Panels
- Corporate Wellness Presentations
- Podcast Guest Interviews
- College & University Speaking Engagements
- Leadership & Professional Development Events

AUDIENCES & ORGANIZATIONS

Kamara speaks to:

- Executive Teams
- Corporate Professionals
- Leadership Retreats
- Conferences & Summits
- Universities & Colleges
- Healthcare Organizations
- Government & Public Sector Leaders
- Professional Associations

BOOKING & MEDIA CONTACT

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Not Just A Speech. A Shift.