

Bio

Michael is the leading voice on burnout prevention and recovery, establishing boundaries, and designing a life you don't need a 2-week vacation to survive. He is a Top 20 Global Thought Leader, renowned inspirational speaker, and the founder of Breakfast Leadership, Inc., a company that helps teams and individuals reduce stress and prevent burnout.

Michael Levitt

**Burnout Keynote Speaker,
Workplace Culture Strategist,
and Podcast Host**

Fueled by the motto: Boundaries or Burnout: You Have a Choice, Michael loves speaking to C-Suite Leaders, to the Leaders of the Front Lines. He challenges audiences to rethink their priorities, learn how to establish boundaries, and live the life they DESERVE to live.

Michael is a multiple published author, including 369 Days: How To Survive A Year of Worst Case Scenarios, and Pre-Emptive Strike Leadership. He hosts a top Business Podcast (Breakfast Leadership), and works with Fortune 500 organizations to small businesses, helping teams eliminate burnout.

Signature Topics:

- Burnout Prevention
- Workplace Culture
- Working Remotely With Boundaries

Signature Talks:

- Burnout Proof Your Life
- Boundaries or Burnout: You Make The Choice
- How To Live A Burnout-Free Life



Social media:



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