

# Mike Veny's Bio

## Full Bio

Mike Veny is a globally recognized mental health speaker and Certified Corporate Wellness Specialist® who has made it his mission to transform stigma into strength through rhythm and story. Known for his electrifying drumming keynotes and raw, real talk, Mike helps workers thrive and organizations create emotionally healthy cultures. His work bridges inclusive excellence, mental health, and professional development—and is known for producing measurable change. He has been booked by NAMI, Microsoft, Johnson & Johnson, and hundreds more.

Mike is also the CEO of Lovely Refinement, a women's mental health and wellness brand, which owns the Training Refinery, a continuing education powerhouse. In all of his professional efforts, Mike is fiercely committed to empowering employees to discover the gift of emotional wellness and resilience so that they can accelerate personal and professional growth and avoid damaging burnout. He is also the host of a podcast called "Coffee With Mike: Mental Wellness & Belonging for Leaders" and the author of several books, including the best-selling book "Transforming Stigma: How to Become a Mental Wellness Superhero." His expertise and life experience have been featured on ABC, NBC, and CBS News.

Mike has built a successful career as a mental health speaker by delivering emotionally resonant wellness programs rooted in lived experience. He bridges generational gaps with inclusive storytelling and rhythm, and his CEU-accredited programs deliver measurable change. Mike is also known for overcoming generational gaps with attention-grabbing storytelling and rhythm and for creating safe spaces to address complex topics with authenticity and humor.

His wellness solutions empower his audiences to take actionable steps to change their lives and work environments. He's delivered presentations to Fortune 500 companies, healthcare providers, and educators, including Microsoft, CVS Health, T-Mobile, Heineken, Salesforce, Keurig Dr. Pepper, and The Wounded Warrior Project. He has also received Acquisition International Magazine's Global Excellence Award in 2025 and Corporate LiveWire's 2022, 2023, & 2024 Innovation & Excellence

Awards for his work as a Certified Corporate Wellness Specialist®. He also won NAMI New York State's 2023 Leader of Mental Health Awareness Award. As a PM360 ELITE Award Winner, he was recognized as one of the 100 most influential people in the healthcare industry for his work with patient advocacy.

Determined to overcome a lifetime of severe mental health challenges, Mike's career began as a professional drummer and evolved into becoming a change maker in the workplace wellness industry. As a child, Mike was expelled from several schools, attempted suicide, and spent time in psychiatric hospitals for extended periods. Now he uses those experiences to power unforgettable wellness solutions that fuse lived experience with rhythm and artistry.

## Mike Veny in 150 Words

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## Mike Veny in 100 Words

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## Mike Veny in 50 Words

Mike Veny, globally recognized mental health speaker and Certified Corporate Wellness Specialist®, has made it his mission to help others transform stigma into strength through rhythm and story. Known for his electrifying drumming keynotes and raw, real talk, Mike helps workers thrive and organizations create emotionally healthy cultures.