

Transform Stigma Into Strength Through Rhythm, Story & Soul!



Globally Recognized Wellness Leader, Speaker, & Artist

Inspire your staff, elevate your event, and make mental health a cornerstone of your success! Schedule Mike Veny today and enjoy an unforgettable emotional wellness experience that features drumming, movement, and truth.

 Mike's keynotes are immersive & rhythmic, NOT passive lectures

 Attendees receive practical tools & guidance for mental health & workplace well-being

 Events inform & energize the audience so they leave eager to put into action what they've learned

Mike offers emotionally resonant wellness programs rooted in lived experience. He bridges generational gaps with inclusive storytelling and rhythm ... and he delivers measurable change! Mike will create a safe space to address complex topics with authenticity and humor, so that your workers and your organization both benefit.

Awards

01. Acquisition International Magazine's 2025 Global Excellence Award

02. Corporate LiveWire Innovation & Excellence Award in 2022, 2023 & 2024

03. NAMI New York State's 2023 Leader of Mental Health Awareness

04. PM360 Elite Award recognizes Mike Veny one of 100 most influential people in the healthcare industry.

Truth. Rhythm. Connection. Transform Your Culture from the Inside Out

Mike once faced mental, emotional, and behavioral challenges, but was able to turn those challenges into strengths, and now he specializes in helping others do the same. His unique insights and entertaining use of drumming will grab the audience's attention and get them motivated to change.



Target Audience

- Corporations & Associations
- Healthcare & Pharmaceutical
- K-12 Education
- Colleges & Universities



Topics

- Workplace Mental Health & Wellness
- Professional Development for Teachers
- Self-Care, Resilience, and Burnout Prevention
- Team Building With Drumming & Belonging



Book Your Event Now!

- Learn practical tools for mental health and workplace well-being
- Experience an energizing session that combines rhythm and resilience-building training
- Retain and apply strategies through follow-up materials and toolkits

Biography

● 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, Merck, 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 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."



Mike was absolutely amazing at our event! There are not words enough to describe how energized and engaged my crew was and I am so grateful to him for sharing his wonderful outlook with our team.

Amanda Graff, MARSH MCLENNAN


