

Emotional Competence: The Competitive Advantage in the Age of AI

The Future Is Still Human

Mike Cameron

Leadership Coach | Speaker | Ultrarunner | Advocate for Human Connection

Short Description (Tagline)

In a world becoming more reliant on artificial intelligence, now more than ever we need our people to be emotionally competent. Now, more than ever our value as human beings is not based on how much intelligence we have but rather how competent we become.

Mike Cameron challenges audiences to move beyond *knowing more* to *practicing better* — because true leadership isn't built in the classroom, it's built in the moments that test our humanity.

Program Overview

As AI continues to reshape how we work and lead, the question isn't how smart we can become — it's how *human* we can remain.

Technology can process data, but it can't practice courage, empathy, or emotional regulation. Drawing on decades of leadership in business and coaching, and running some of the world's most gruelling 100 and 200-mile ultra marathons, Mike explores what it means to stay grounded and connected when life — or leadership — gets hard.

This keynote bridges high performance and human connection, blending story, science, and self-awareness. Mike helps leaders translate *insight into embodied competence*. With humour, vulnerability, and practical takeaways, Mike shows how emotional fitness — the quiet foundation of mental health — becomes a leader's real competitive edge in an age of automation.



Audience Takeaways

Leaders and teams will learn to:

1. **Shift from awareness to action** — moving from theory to daily practice.
2. **Cultivate emotional competence** to lead with clarity under pressure.
3. **Build connection and trust** in hybrid, tech-driven workplaces.
4. **Sustain well-being and performance** through simple emotional fitness habits.

Ideal Audiences

Corporate and executive leaders • HR and People & Culture professionals • Sales and service teams • Technology and innovation sectors • Public sector and education

Formats Available

- **Keynote (45–60 minutes):** Story-driven and experiential, featuring “Competence over Intelligence” framework.
- **Workshop (75–90 minutes):** Incorporates reflection and small-group micro-practice exercises to facilitate applied learning.

Core Message / Quote

“Artificial intelligence can make us smarter.
But only embodied competence — practiced daily — makes us better.”

About Mike Cameron

Mike Cameron is a Canadian speaker, leadership coach, and ultrarunner who helps leaders build connection, resilience, and meaning in the modern workplace.



After a personal tragedy reshaped his understanding of leadership, Mike made it his mission to teach emotional competence — the skill that underpins performance, culture, and mental wellness. He has shared his message across North America, including **TEDx**, healthcare summits, and leadership conferences.

Mike's storytelling draws from both boardrooms and backcountry trails. His experience completing several 100-mile ultramarathons and the **Tahoe 200**, a 200-mile mountain ultramarathon, offers a visceral metaphor for endurance, mindset, and connection under pressure.

Contact & Booking

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📍 Based in Canmore, Alberta | Available Worldwide

