

# FROM CHAOS TO CONNECTION

RECLAIMING MENTAL WELLNESS THROUGH MEANINGFUL LEADERSHIP

## Mike Cameron

*Leadership Coach | Speaker | Ultrarunner | Advocate for Human Connection*

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## Short Description (Tagline)

Disconnection is one of the greatest threats to productivity, wellbeing, and engagement — in our workplaces, our communities, and ourselves.

In *From Chaos to Connection*, Mike Cameron shows leaders how to calm the chaos by cultivating authentic connection — starting from within.

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## Program Overview

Chaos doesn't always come from external pressures — it often begins when we disconnect from our own values, emotions, and purpose.

Through powerful storytelling and practical frameworks, Mike explores how self-connection fuels better leadership, stronger relationships, and healthier communities. Drawing on his personal story of loss, recovery, and resilience, he introduces the **Connection Continuum** — a simple but transformative model for connecting to Self, Others, and Community.

This keynote blends vulnerability, humor, and neuroscience to help audiences transform emotional awareness into leadership action. The result? More trust, more clarity, and more meaningful impact.

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## Audience Takeaways

Participants will:

1. Recognize how disconnection drives chaos — and how connection restores clarity.
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2. Learn the **Internal Compass** for values-based decision-making under pressure.
  3. Practice emotional labelling and reflective micro-habits that improve resilience and presence.
  4. Discover the **Connection Continuum** — a roadmap to lead self, lead others, and lead community.
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## Ideal Audiences

Leadership & culture summits • Healthcare & public sector • Education • Community wellness • Associations & conferences focused on purpose, connection, and resilience.

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## Formats Available

- **Keynote (45–60 min):** Story-driven, reflective, and deeply moving.
  - **Workshop (75–90 min):** Adds journaling prompts, pair discussions, and “Strategy or Empathy?” exercise.
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## Core Message / Quote

“Connection is the antidote to chaos.  
It’s not just a feeling — it’s a leadership practice.”

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## About Mike Cameron

Mike Cameron is a Canadian speaker, leadership coach, and ultrarunner who teaches people to lead with connection, competence, and courage.

After the tragic loss of his girlfriend, Mike sold his multi-million dollar business and committed his life to understanding how emotional disconnection drives chaos — and how conscious connection can change lives. His work blends psychology, performance science, and personal experience to equip leaders with the emotional competence to thrive under pressure.

Mike has spoken for organizations including **Alberta Health Services**, the **Canadian Mental Health Association**, and **Rotary International**, and has shared his message on **TEDx** stages across North America.

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