

SPEAKER PACK

MIKE SHEEHY

Awareness. Attention. Better Choices.

Practical talks and workshops on awareness, performance, wellbeing and entrepreneurship.

Founder perspective | Business leadership | Practical mindfulness

What Awareness Has Taught Me About Business, Life and Wellbeing

Noticing what is happening early enough to make a useful choice.

Mike Sheehy helps workplace and business audiences understand how awareness influences attention, decisions, performance and wellbeing.

His sessions begin with the realities of modern work, life and entrepreneurship: distraction, pressure, uncertainty, resilience, familiar patterns and the reactions that can take over before we notice them.

To train awareness, Mike leans on mindfulness meditation as a practical way to develop this skill. The aim is to make noticing more available in the meetings, conversations and decisions where it matters.

Speaker bio

Mike Sheehy is a business leader, entrepreneur, speaker and founder of BíMeditation. Over a career spanning more than 30 years, he has held leadership roles across technology, operations and business transformation, helping organisations navigate change, growth and competing priorities in demanding environments.

Alongside his business career, Mike has maintained a mindfulness practice for more than 15 years. This combination of leadership experience, business reality and practical mindfulness shapes sessions that are clear, relatable and grounded in real working life.

The goal

The goal is to highlight the importance of awareness as a practical skill and how it can support better decisions, stronger performance, improved wellbeing, greater resilience and more effective responses to the realities of modern work and life.

The Awareness Advantage

One core idea, adapted for different audiences.

Have you ever been completely absorbed in a movie, only to suddenly become aware that you've been lost in it?

Most of us experience similar moments throughout the working day. We move through meetings, emails, decisions and pressure on autopilot, often without noticing the habits, assumptions and distractions shaping our responses.

Participants will explore what happens when awareness returns in everyday moments and discover how that can lead to better choices.

The session introduces mindfulness meditation as one practical approach to developing awareness.

The Awareness Advantage

Full business outcomes version

A workplace-focused session built around awareness, attention and decision quality. The emphasis is on the cost of poor awareness in meetings, communication, priorities, relationships and performance, and on developing a more deliberate response before autopilot makes the choice.

The Awareness Advantage for Work and Life

Hybrid business outcomes and wellbeing version

The same core awareness framework, viewed from both sides of the working day. It connects attention, decisions and performance with the human cost of autopilot, including mental fatigue and difficulty switching off. It is an awareness session with both business and wellbeing benefits.

Audience takeaways

- Why autopilot is sometimes useful, and when it is not
- What competes for our attention, externally and internally
- How awareness creates space between an automatic reaction and a useful response
- Simple ways to apply awareness in meetings, conversations and everyday decisions

Two distinct audience-specific sessions

The Mindful Entrepreneur

Awareness | Resilience | AI | Uncertainty

Building a business can be exciting, rewarding, frustrating and humbling, sometimes all before lunch.

In this honest and practical session, Mike reflects on the realities of building BíMeditation: navigating uncertainty, dealing with setbacks, working alongside AI as a co-worker and maintaining momentum when results take longer than expected.

Drawing on business leadership, founder experience and mindfulness practice, the session explores how awareness can help founders respond more skilfully to challenges, make better decisions under pressure and avoid becoming overly attached to outcomes they cannot control.

Best fit: Local Enterprise Offices, chambers, founder communities, start-up programmes, business networks and entrepreneur events.

Supporting Your Wellbeing with Mindfulness

Wellbeing | Employee support | Practical mindfulness

A grounded wellbeing session for audiences who need less theory and more usable practice.

The session explores how mindfulness can support wellbeing within the realities of modern working life. Rather than promising quick fixes, it introduces practical ways to work more skilfully with pressure, stress, distraction and everyday challenges.

Participants leave with a clearer understanding of mindfulness and simple practices they can use immediately, without needing prior meditation experience.

Best fit: Wellbeing weeks, employee support programmes, staff networks, community groups and workplace audiences with mixed experience of mindfulness.

Who the sessions are for

Founder and entrepreneur communities	Honest reflections on uncertainty, setbacks, AI support and sustaining momentum when outcomes are delayed.
Local Enterprise Offices and chambers	Event-ready sessions for business owners, start-ups and growth-focused audiences.
HR and people leaders	Practical support for attention, pressure, resilience and culture without vague wellness language.
Leadership teams	A sharper way to explore awareness, reactivity, recovery and decision quality under pressure.
Professional bodies	Relevant for people whose work depends on attention, judgement, decisions and sustained performance.
Community and staff groups	Accessible, human sessions with no requirement for prior meditation experience.

What makes the sessions different

- Awareness first: mindfulness is the training method, not the opening label.
- Business language: sessions connect awareness to attention, choices, communication, performance and wellbeing.
- Real experience: insights are shaped by business leadership, entrepreneurship and lived experience of uncertainty, resilience, change and personal growth.
- Practical delivery: simple exercises, reflections and practices that can survive a normal working day.
- Human tone: plain speaking without the promise that a single session solves every issue.

Flexible enough for the room

FORMAT	TYPICAL USE
20-30 minutes	Keynote, conference session or speaker contribution.
45-90 minutes	Interactive session or workshop.
Follow-on support	Guided practice resources and practical reinforcement where appropriate.

Workshop feedback

“Mike gave us a clear and jargon-free introduction to meditation that felt practical and immediately relevant. It was a well-structured session with good balance between explanation and practice. His calm presence and straightforward delivery made the topic easy to understand and relevant to our busy lives.”

Jeffrey Long, Managing Director, Java Republic

Awareness. Attention. Better Choices.

Mike Sheehy
Founder | BiMeditation
Email: mikesheehy@bimeditation.ie
Mobile: 086 605 7961
Website: bimeditation.ie