

SPEAKER PACK
MIKE SHEEHY

Awareness. Attention. Better Choices.

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

Founder perspective | Business leadership | Practical mindfulness

One core idea, applied to work,
life, sport, entrepreneurship and
wellbeing.



Awareness first

Understanding how awareness influences attention, decisions, performance and wellbeing.

Mike Sheehy helps workplaces, teams, founders and community audiences understand how awareness influences attention, decisions, performance and wellbeing.

His sessions begin with familiar realities: distraction, pressure, uncertainty, emotional reactions and the patterns that can take over before we notice them.

Mindfulness meditation is introduced as a practical way to train awareness. It is not the entire identity of the sessions. The aim is to make awareness more available in the moments when it matters, creating greater opportunities for choice.

Speaker bio

Mike Sheehy is a business leader, entrepreneur, speaker and founder of BiMeditation. Over a business 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, founder reality and practical mindfulness shapes sessions that are clear, relatable and grounded in real life.

The goal

To highlight awareness as a practical skill that can support better decisions, stronger performance, improved wellbeing, resilience and more useful responses to modern work, life and play.

FIT AND DELIVERY

One clear thread. Different applications.

Awareness is the core skill. The audience and application change.

What makes the sessions different

- Awareness first: mindfulness is the training method, not the opening label.
- Plain language: sessions connect awareness to real moments, choices and consequences.
- Lived experience: perspectives are shaped by business leadership, entrepreneurship, mindfulness practice and personal experience.
- Practical delivery: simple exercises and reflections that people can use to cope better with ordinary life.
- Human tone: no hype, plain speaking and realistic outcomes.

Flexible enough for the room

- 20-30 minutes: keynote, conference session or speaker contribution.
- 45-60 minutes: interactive talk, learning lunch or team session.
- 90 minutes: practical workshop with guided exercises, reflection and application.
- Follow-on support: guided practice resources and practical reinforcement, where appropriate.

1. The Awareness Advantage

Business outcomes focused

Work Better. Feel Better. Make Better Choices.

Meetings, emails, decisions and competing priorities can pull us onto autopilot without us noticing the habits, assumptions and distractions shaping our responses.

This practical session explores how awareness influences attention, communication, decision-making and performance. Mindfulness meditation is introduced as one way to practise noticing when attention has moved and choosing to return.

Participants will explore

- Why awareness sits beneath attention, performance and decision quality
- What competes for attention during the working day
- How autopilot can influence communication and judgement
- Practical ways to apply awareness in meetings, conversations and decisions

Best fit: Leadership teams, professional audiences, learning lunches, conferences and workplace development programmes.

2. The Awareness Advantage for Work & Life

Business outcomes and wellbeing focused

Because the working day does not stay at work.

Modern life places constant demands on attention. What happens during the working day often follows us into the evening, affecting our ability to switch off, recover and be present elsewhere.

This session explores awareness as a practical skill that supports both performance and wellbeing. The aim is not perpetual calm. It is to notice more clearly what is happening and respond more intentionally.

Participants will explore

- The relationship between awareness, performance and wellbeing
- The effect of autopilot on stress and mental fatigue
- Why awareness supports recovery as well as productivity
- Practical ways to bring greater awareness into work and everyday life

Best fit: Learning lunches, wellbeing programmes, staff development events, professional groups and mixed workplace audiences.

3. The Awareness Advantage for Wellbeing

Practical mindfulness for wellbeing

Less theory. More usable practice.

Mindfulness is often misunderstood as relaxation, positivity or emptying the mind. While mindfulness can support all of these, its benefits reach much further. This grounded session offers a clear and practical introduction without promising quick fixes.

Participants explore how mindfulness can support awareness and help them work more skillfully with pressure, stress, distraction and everyday challenges.

Participants will explore

- What mindfulness is, and what it is not
- The relationship between awareness and wellbeing
- The physical and psychological benefits developed through regular practice
- Simple mindfulness practices that can be used immediately

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

4. The Awareness Advantage playbook

Awareness, Attention and the Conditions for Flow State

Performance in sporting moments.

A mistake, a poor decision or a rush of emotion can knock a player off their stride, affecting both their own performance and that of the team.

This practical session explores how awareness supports attention, composure and decision-making under pressure while creating better conditions for the Flow State. Mindfulness meditation is introduced as a practical way of training awareness outside of training and competition, so it is more available when performance matters.

Participants will explore

- What the Flow State is, and what helps or blocks it
- How attention, thoughts and emotions influence sporting performance
- A practical Forget - Reset - Set approach after mistakes
- How awareness can support composure and more effective responses under pressure

Best fit: Sports clubs, teams, coaches, player-development programmes and sporting organisations.

TALK

5. The Awareness Advantage for Founders

Awareness, Resilience and the Founder's Journey

What is happening inside the entrepreneur's mind during the formative years?

Building a business is usually discussed as a commercial or strategic challenge. It is also a deeply personal and psychological one.

Founders can face uncertainty, self-doubt, comparison, frustration, impatience and attachment to outcomes. Drawing on Mike's experience of building BíMeditation, this session offers honest reflections on the founder's journey and the realities of building a business.

Participants will hear

- What uncertainty and delayed results can stir up in the founder's mind
- Self-doubt, comparison and the inner critic
- Attachment to outcomes and the pressure to keep moving
- How awareness can support resilience, perspective and better choices

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

CREDIBILITY AND CONTACT

Bringing greater awareness into the room

One pattern. One pause. One useful choice.

Experience

- 30+ years in IT/business leadership roles with blue chip organisations including Diageo and Phoenix Ireland
- 15 years of personal mindfulness practice
- Founder of BíMeditation and facilitator of talks and workshops

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

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