

Marc Champagne

Speaker · Bestselling Author · Mental Fitness Strategist & Futurist

MENTAL FITNESS · RESILIENCE · HIGH PERFORMANCE · STRESS MANAGEMENT · DECISION MAKING · FOCUS & CLARITY

THE PITCH

The signature keynote for leaders and teams navigating relentless change — AI, market volatility, and constant reinvention. Marc gives them a way to come off autopilot, think in slow motion, and start playing a new game.

FULL BIO

Marc's new book *You're Invited: A Life-Changing Conversation With History's Greatest Wisdom Keepers* (co-authored with Kelly Noonan Gores) launches November 2026 with Simon & Schuster — the first book to turn 2,600 years of wisdom from the world's greatest teachers into a practical operating system for how we think today.

Marc Champagne is a mental fitness strategist, keynote speaker, and bestselling author. For more than two decades he has studied how the world's most effective thinkers and builders keep their minds clear under pressure. He is the host of the globally ranked podcast *Behind the Human* and co-founder of KYO, a mental fitness app that reached nearly 90 million people across 100+ countries in its first two years.

On stage, Marc opens with the question he has chased for two decades: how do the world's sharpest minds stay clear when everything around them is chaos? What he has learned — across a mental fitness app that reached nearly 90 million people, 500+ conversations on *Behind the Human*, and the study of history's greatest teachers — is a way for any of us to come off autopilot, think in slow motion, and start playing a new game. It's the heart of *You're Invited*, and it's what leaders leave his keynotes ready to run.

CONNECT

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SIGNATURE KEYNOTES**The New Game**

45–60 min keynote. Marc's signature keynote for leaders and teams navigating relentless change — AI, market volatility, and constant reinvention. He gives audiences a way to release the old playbook, see the new game clearly, and think sharply while everyone else reacts.

Audiences take away:

- How to come off autopilot and think sharply under pressure
- Slow Motion Thinking — the practice of making clear, confident decisions while others react
- The same principles history's most studied thinkers used to stay clear in chaos, drawn from The Council at the heart of Marc's new book *You're Invited* (Simon & Schuster, November 2026)

Strong Minds, Bold Moves

45–60 min keynote. When teams train their minds to think clearly, ask better questions, and move with purpose — breakthroughs become inevitable. Marc translates two decades of research with elite performers into a repeatable set of question-led practices that upgrade focus, decision-making, and creative courage under pressure.

Resilient Minds, Limitless Potential

45–60 min keynote. Mental fitness foundations to thrive under pressure and feel great more days than not. In a world of rapid change, constant pressure, and endless demands, mental resilience isn't a luxury — it's the foundation of sustainable high performance. This keynote gives your team the fundamentals to steady the mind, reduce overwhelm, and unlock the clarity they need to lead well.

IMAGE LIBRARY

Original high-resolution color files are included alongside this PDF in the ZIP download.



PORTRAIT



STAGE

BOOK THIS SPEAKER

To check availability, request a hold, or confirm a date for **Marc Champagne**, email either of the following:

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Full digital profile, video reel, and additional press-kit assets: spokenartists.com/speakers/marc-champagne