

Brennan Hilleary



Stop Surviving.

Start Living.

Website & Social Media

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[Watch Brennan's Speaker Reel](#)

Brennan Hilleary is the founder of Build Your Power Coaching, a transformation coach, and keynote speaker dedicated to helping high achievers stop sacrificing their personal lives for professional success.

His work stems from his own story. After battling a serious illness and addiction as a teenager, Brennan rebuilt his life through the Marine Corps and years of professional achievement. But the higher he climbed, the more he lost. The pressure to perform eventually drove him back into addiction, costing him his career and relationships, and ultimately forcing him to confront the deep-seated beliefs that had driven his behavior all along.

That turning point became his life's work. Today Brennan delivers raw, practical insights that go beyond surface-level stress management. Through keynote talks, workshops, and group coaching, he helps business owners, leaders, and their teams identify what is holding them back and build a sustainable life outside of work, one where ambition and personal well-being coexist.

Based in Richmond, Virginia, his signature talks include Breaking Free From the Burnout Cycle, Success Without the Sacrifice, and Lead Without Losing Yourself.

His mission is simple: help people stop surviving and start living.

- **Native of Washington, Illinois**
- **Former District Manager**
- **10+ years of leadership experience**
- **Marine Corps Veteran**
- **Transformation Coach**
- **KeyNote Speaker**
- **Addiction Recovery Advocate**
- **Workshop Facilitator**
- **Podcast Host - Whole Man**
- **Founder - Build Your Power Coaching**