

Brennan Hilleary



Brennan Hilleary is a culture advisor and the founder of Build Your Power; a company dedicated to helping fast-growing companies turn their top performers into emotionally intelligent leaders.

His mission is born from lived experience; having personally navigated success in a fast growing company alongside the rock bottom of burnout and addiction. He has witnessed the consequences of what he calls the “doer to leader gap” firsthand.

Brennan challenges the belief that you have to burn out to succeed. He shows organizations how to use data and people skills to build sustainable growth. His approach balances the logical, emotional, and mental sides of business.

Brennan brings this vision to life through compelling keynote talks, dynamic workshops, in depth culture advising, and group coaching.

Brennan has worked across multiple industries, including home field services, healthcare, insurance, specialty trades, and law.

Core Speaking Topics



Burnout Prevention

Designed for high achievers and professionals, this topic explores emotional intelligence, self-awareness, and early burnout recognition, helping attendees separate their identity from achievement and redefine success without self-sacrifice.

EQ Leadership

Built for leaders looking to empower their people, this session focuses on authentic leadership, effective delegation, mastering accountability, and navigating difficult conversations while avoiding burnout.

Cultures That Empower

For organizations wanting to level up their environment, this topic unpacks how to intentionally shape workplace culture, foster psychological safety, and resolve conflict to build high-performing teams.

[Check Out His Website](#)
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