Brennan Hilleary



Brennan Hilleary is a Marine Corps veteran & founder of **BYP Coaching & Consulting** in Richmond, Virginia, helping driven leaders overcome perfectionism, imposter syndrome, and people-pleasing to succeed without sacrificing their well-being.

His mission comes from his life. In the military, Brennan learned to put the mission first. He took that drive into his corporate career, climbing the ladder by delivering results. While looking successful, he was miserable inside. That pressure led to burnout and addiction. Hitting rock bottom taught him that success is meaningless if you lose health, relationships, and peace of mind.

Today, Brennan uses his **Behind the Business** and **Behind the Title** frameworks to show people how to create sustainable success.

For Organizations: He partners with businesses through leadership & culture consulting. He helps uncover leadership & culture gaps, and designs leadership development programs for emerging & established leaders.

For Individual Leaders & Executives: He provides direct 1-on-1 coaching and cohorts. He helps driven leaders overcome imposter syndrome, people pleasing, and perfectionism so they can succeed without sacrificing their well-being.

Speaking Topics

BUILD
YOUR POWER

Work-Life Integration

How high performers can thrive in their careers without sacrificing their personal life. Practical tools for self-awareness, setting boundaries, and finding fulfillment outside of work.

Empowered Leadership

Helping growing leaders build strong trust, delegate effectively, and navigate everyday accountability and tough conversations with confidence.

High Achiever Mindset

Learn to break free from perfectionism, people-pleasing,& imposter syndrome. Eliminate self-doubt and build real inner confidence.

Check Out His Website
Build With Brennan Newsletter
Watch Brennan Speak