

Brennan Hilleary



Brennan Hilleary is a culture consultant, speaker, and the founder of Build Your Power, a firm dedicated to helping medium-sized organizations prevent burnout and build strong cultures without sacrificing performance.

As a thought leader and fierce advocate for personal sovereignty, Brennan openly challenges the outdated "hustle and grind" status quo. Grounded in the philosophy that business and life are multidimensional, he works to bridge the critical gap between business growth and people development. Brennan brings this vision to life through compelling keynote speaking, dynamic workshops, group coaching, and culture consulting.

His methodology is born from lived experience; having personally navigated corporate success alongside the absolute rock bottom of burnout and addiction, he understands the negative impact of self-sacrificial hustle culture. Today, Brennan equips organizations to build sustainable cultures where teams thrive both personally and professionally.

Brennan has worked with a variety of different industries and organizations, including State Farm and Renewal By Andersen.

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 sharpen their edge, this session focuses on authentic leadership, effective delegation, mastering accountability, and navigating difficult conversations while avoiding leader 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](#)
[Watch Brennan Speak](#)