

# Brennan Hilleary



Brennan Hilleary is the founder of Build Your Power Coaching, a transformation coach, and keynote speaker who helps business owners and leaders succeed without sacrificing their well-being.

As a former Marine with over a decade of leadership experience, Brennan knows what it means to be externally successful and internally exhausted. He was self-aware, had done the personal development work, and understood his patterns that were holding him back—but still couldn't change them. That gap cost him his career, his relationship, and his sense of identity.

What he discovered in rebuilding his life became the foundation of his work: burnout isn't caused by working too hard. It's caused by the beliefs driving the behavior underneath. Until those change, nothing else does.

Today Brennan works with business owners and leaders who are professionally successful but personally drowning—helping them identify and change the patterns keeping them stuck so they can stop surviving and start living.

His signature talk, *Success Without the Sacrifice: How to Thrive in Work and Life*, gives audiences a clear understanding of why high achievers burn out, a simple tool to identify what's draining their energy, and one immediate action they can take this week.

Audiences leave with more than inspiration they leave with answers and practical steps to take.

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## Website & Social Media

<https://www.build-your-power.com>

## Social Media Links

- **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**