

ALDEN MILLS

Former Navy SEAL commander, entrepreneur, bestselling author, and leadership expert on building unstoppable teams

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- Three-time Navy SEAL Platoon Commander
- Founder of Perfect Fitness and creator of the Perfect Pushup
- Built a company to $95 million in sales in just three years
- Bestselling author of the Unstoppable series
- Expert in leadership, resilience, culture, and peak performance

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Alden Mills is a former Navy SEAL commander, entrepreneur, bestselling author, inventor,

and one of America's most sought-after leadership speakers. His mission is to help individuals and organizations become “Unstoppable” by developing exceptional leadership, resilient cultures, and high-performing teams.

Diagnosed with severe asthma as a child and told to avoid sports, Mills refused to accept limitations. He went on to become a nationally ranked rower, a National Collegiate Champion, an Olympic Festival medalist, and captain of the rowing teams at the U.S. Naval Academy. He later joined the Navy SEALs, where he served as a platoon commander three times and was consistently ranked among the top leaders in his class.

After his military career, Mills founded Perfect Fitness and transformed a single invention—the Perfect Pushup—into a global fitness brand sold in more than 70 countries. Under his leadership, the company became one of America's fastest-growing consumer products businesses, generating more than $95 million in revenue within three years. He also holds more than 40 patents worldwide.

Today, Mills advises executives and organizations worldwide, sharing practical lessons from the military, entrepreneurship, and innovation. His Unstoppable Leadership framework helps leaders create trust, accountability, adaptability, and sustained performance in rapidly changing environments.

TEMAS

Alden tailors each presentation to the needs of his audience and is not limited to the topics listed below. Please ask us about any subject that interests you:

- Unstoppable Leadership
- Building High-Performance Teams
- Resilience and Mental Toughness
- Leadership Under Pressure
- Innovation and Entrepreneurship
- Creating High-Performance Cultures
- Peak Performance and Accountability

PROGRAMAS

Alden Mills teaches that extraordinary performance begins with leading yourself before leading others. Drawing from elite military leadership and entrepreneurial success, he provides practical frameworks for building resilient teams and cultures. His programs inspire audiences to embrace challenges, take ownership, and become unstoppable in pursuit of ambitious goals.

Unstoppable Mindset

The Mentality and Tools for Achieving Your Full Potential: Drawing on more than four decades of experience in sports, military service, entrepreneurship, and leadership, Alden Mills shares the mindset and practical tools that help individuals overcome obstacles and achieve extraordinary results. Audiences learn how persistence, self-leadership, and intentional action can unlock greater personal and professional performance.

Unstoppable Teams

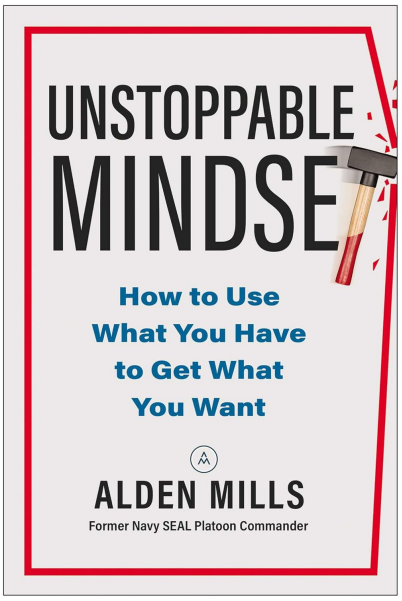
The Four Essential Actions of High-Performance Leadership: Based on his bestselling book, Mills introduces his C.A.R.E. framework for building trust, accountability, and commitment. Through powerful stories from the Navy SEALs and the business world, he demonstrates how leaders can transform groups into highly effective teams capable of thriving in challenging environments.

Unstoppable Culture

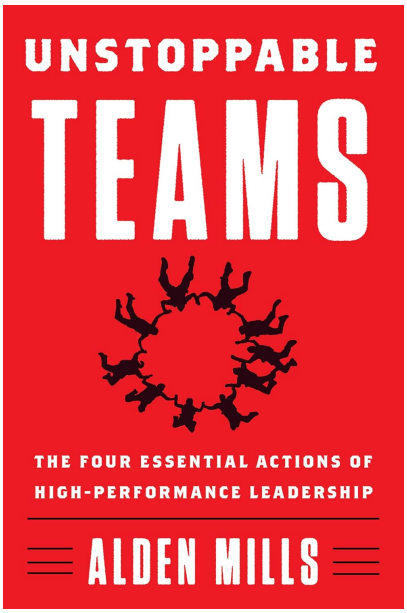
Creating Organizations That Thrive: Mills explains how great leaders create cultures where people take ownership, innovate, and consistently exceed expectations. This keynote provides practical strategies for building resilient organizations that sustain performance during periods of uncertainty and change.

PUBLICACIONES

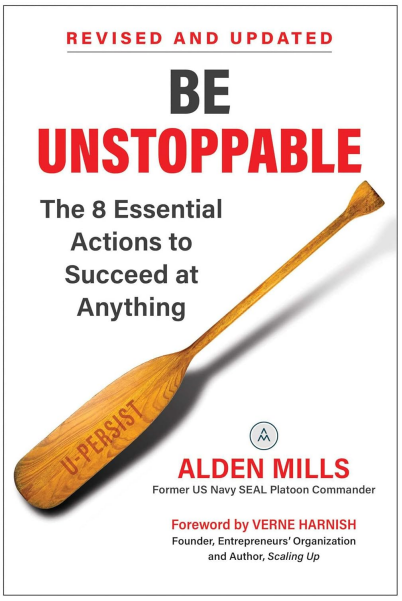
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UNSTOPPABLE MINDSET



UNSTOPPABLE TEAMS



BE UNSTOPPABLE

CONDICIONES

- **Travels from:** California, USA
- **Fee Range:** Please Inquire