



JALEEL MACKKEY



MEET JALEEL MACKKEY

Jaleel Mackey is a devoted husband and father of two beautiful children, an accomplished speaker, a culture and wellbeing consultant, and a skilled workshop facilitator. Drawing from a decade-long, successful sales career with esteemed companies such as Google, Looker, and Modern Health, Jaleel seamlessly integrates mindfulness-based practices, breathwork, and peak performance principles to help employees thrive without burning out.

Jaleel's journey as a speaker began in 2019, born from a life-altering decision. Faced with the stark choice between taking a leave of absence from his high-paying role or ending his life, he chose to live. This pivotal moment led him to spend six transformative months in a trauma and addiction recovery community in Delray Beach, Florida. This choice came at great personal cost, as he left behind his wife, son, Brooklyn apartment, luxury car, international travel, and lucrative job to rebuild himself from the ground up.

During his time in recovery and later as a house manager for a transitional housing program, Jaleel developed principles for cultivating fundamental well-being and equanimity—achieving peace regardless of circumstances. Within three years, he not only regained his six-figure income but also repaired relationships with his wife and son, established himself as a sought-after workshop facilitator, and founded a company dedicated to sharing these life-changing principles with a global community.

Since then, Jaleel has delivered impactful speeches at billion-dollar companies, facilitated nearly 1,000 breathwork experiences, coached close to 100 individuals, and committed himself to serving employees by creating preventative measures to combat burnout. Along the way, he welcomed another child into his family. Driven by a profound mission, Jaleel aims to positively influence 85 million lives in his lifetime, striving to leave the world a better place for his children and future generations.



MASTERING **MINDFUL** PERFORMANCE



KEYNOTE TOPICS & WORKSHOPS



PERFECTING PRESENCE

Jaleel teaches the power of mindfulness and how it can enhance performance by fostering focus, presence, and emotional regulation, helping individuals thrive without burnout.



STAY LIT

In this engaging session, Jaleel shares practical strategies to help employees prevent burnout, cultivate well-being, and maintain high performance, all through simple breathwork and mindfulness practices.



THE FLOW CYCLE

Jaleel introduces the science of flow states and how they can unlock a new level of productivity, creativity, and satisfaction at work and in life by aligning with purpose and presence.

MISSION STATEMENT

Jaleel's mission is to help individuals and organizations unlock their highest potential through mindfulness, breathwork, and sustainable peak performance practices, creating a world where well-being and success coexist.

VISION STATEMENT


Jaleel's vision is to create a global movement that empowers 85 million people to embrace mental well-being and thrive in their personal and professional lives through the principles of mindfulness, presence, and resilience.



TESTIMONIALS

Hear How Jaleel's Insightful Techniques Are Elevating Lives and Workplaces Worldwide




**Jaleel Mackey**

Audience Feedback On May 22, 2024

OneTen
Perfecting Presence: Practical Skills to Avoid Burnout

“Extremely helpful action based tools to utilize in and out the workplace! ”




**Jaleel Mackey**

Audience Feedback On May 22, 2024

OneTen
Perfecting Presence: Practical Skills to Avoid Burnout

“A great session that centers you and help you remember to put your mask on first before you can save the world! ”




**Jaleel Mackey**

Audience Feedback On May 22, 2024

OneTen
Perfecting Presence: Practical Skills to Avoid Burnout

“The session allowed us to tap back into our humanness as we take on the sometimes chaotic workday. It allowed us to stop, breathe and reflect which was much needed. A huge thank you to Jaleel. ”







**Jaleel Mackey**

Audience Feedback On May 22, 2024

OneTen
Perfecting Presence: Practical Skills to Avoid Burnout






“It is a great reminder to make time for yourself. Jaleel’s backstory and example of perseverance was impactful to the content presented. It provided perspective. I walked away with tips I could implement immediately. ”




**Ryder Kimmes**  · 1st
Benefit Consultant at USI | Board Member | Outdoorsy Dad
August 29, 2022, Ryder worked with Jaleel but they were at different companies
 All LinkedIn members 

Starting off with Jaleel as a person: he’s one of the best human beings I’ve ever met. I’ve learned more from him in a few years than nearly anyone during the full duration of my life. He’s provided a pathway for me to find the best version of myself.

Jaleel as a professional: an absolute master of his craft. Jaleel blends identifying pain with storytelling with expertly introducing solutions. We did a joint webinar together and his section he led was far and away the strongest - I had multiple folks reach out post webinar to express their appreciation for Jaleel. Couldn’t recommend him enough and would be happy to chat with anyone who wants more information.

**Kyle Coleman**  · 1st
CMO @ Copy.ai || Helping companies eliminate GTM Bloat 
June 25, 2018, Kyle managed Jaleel directly
 All LinkedIn members 


Not only is Jaleel one of the most effective contributors I've ever worked alongside, he's also one of the most genuine, compassionate, and humble people I've ever met. Jaleel excelled both as an individual contributor and as a manager in our Sales Development org, and he has the undying support and love from everyone he managed or worked alongside – myself included. His unique combination of attention to detail and his penchant for relationship-building makes Jaleel an indispensable part of any company, and I'm excited to see how he continues to impact Looker in a direct Sales role.

**Jaleel Mackey**

Audience Feedback On May 22, 2024

OneTen
Perfecting Presence: Practical Skills to Avoid Burnout

“A session with someone that is going to help you figure out different ways to alleviate your stress before you get to burn out. Teaching valuable techniques to help you breath during times of stress and to learn how to actively and intentionally balance your work and life. ”



**Jaleel Mackey**

Audience Feedback On Jun 27, 2024

Inroads to Tech
Breaking into Tech with Ease and Grace

“His energy is amazing! You will leave each session feeling refreshed and light. ”



**Jaleel Mackey**

Audience Feedback On May 22, 2024

OneTen
Perfecting Presence: Practical Skills to Avoid Burnout

“Jaleel is an absolute pleasure! His presence is a gift. ”



**Jaleel Mackey**

Audience Feedback On May 22, 2024

OneTen
Perfecting Presence: Practical Skills to Avoid Burnout

“Providing this type of engagement for staff shows the level of care our leaders have for us. I welcome additional opportunities to focus on mindfulness. I want to be the best version of myself and energized to be in service of others. ”





BOOK **TRANSFORMATIVE** EXPERIENCES

WHY BOOK JALEEL MACKEY?

TRANSFORMATIONAL APPROACH

Jaleel integrates mindfulness, breathwork, and flow science to help individuals achieve sustainable peak performance without burnout.

AUTHENTIC LEADERSHIP

Drawing from his personal journey through trauma, recovery, and corporate success, Jaleel brings a unique perspective that resonates deeply with audiences, fostering lasting change.

PROVEN RESULTS

Jaleel has delivered impactful workshops and keynotes for billion-dollar companies, helping employees and leaders enhance productivity, creativity, and well-being through preventative mental health practices.

BOOK JALEEL TODAY!

Book Jaleel Mackey for your next corporate event, workshop, or keynote to inspire your team with actionable strategies for achieving sustainable peak performance. With over 10 years of corporate experience, Jaleel blends mindfulness, breathwork, and leadership development to create a culture of well-being and success. Empower your organization to thrive without burning out!



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