

## **Mike Weeks**

### **CEO at Frontline Mind Inc**

Mike Weeks is co-founder and CEO of Frontline Mind, a human performance company which simultaneously develops resilient individuals and provides the advanced people skills to create high performing teams and organisations using live and online training programs.



Mike has worked in the performance fields for over 17 years, enabling individuals and organisations to create transformations, including on numerous TV shows, where his approach has been viewed in 148 countries.

Mike's primary expertise is presenting complex ideas in accessible forms. Frontline Mind teams deliver training in resilience, performance, wellbeing, communication, leadership, dangerous environment survival, crisis management and risk detection and mitigation.

In a former life Mike travelled the world climbing rocks for a living, more often than not, with no ropes.