

Contact

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(LinkedIn)
MichaelDLevitt.com (Company)
calendly.com/breakfastleadership/30-minute-breakfast-leadership-call (Other)
BreakfastLeadership.com (Other)

Top Skills

Business Strategy
Social Media
Accounting

Languages

English

Certifications

High-Stakes Communication
Certified Neuro-Linguistic Programming Practitioner
Lean Health Care Yellow Belt
Certified Cognitive-Behavioral Therapist (CCBT)
eSpeakers Certified Virtual Presenter

Honors-Awards

Great Urban Race Toronto 2014 Medal
The Color Run 5K Event

Publications

How to Leverage Leaders and Peers to Benefit Patients in Ontario

Michael D. Levitt

Chief Burnout Officer-Founder of Breakfast Leadership Network and FreeFromBurnout.com /Speaker/Corporate Trainer/NLP& CBT Therapist/Hire me to speak: Michael@MichaelDLevitt.com/ (619) 751-0677

San Diego, California, United States

Summary

Michael D. Levitt is a renowned C-Suite coach who specializes in burnout prevention and improving workplace culture to enhance retention rates. With his extensive experience in coaching and advising C-level executives, Michael offers a unique approach to workplace wellness that emphasizes the value of creating a culture that supports the mental, emotional, and physical well-being of employees.

Michael is a global keynote speaker, speaking on burnout prevention, workplace culture, and retention.

Michael hosts the Breakfast Leadership Show, a top global podcast covering leadership and entrepreneurship.

Experience

Breakfast Leadership Network

7 years

Chief Burnout Officer

May 2016 - Present (7 years)

San Diego & Toronto

The Breakfast Leadership Network teaches leaders and managers across North America how to establish boundaries in their work and personal lives, so they can accomplish more, by doing less. We teach leaders how to properly prioritize their to-do lists so they work on the tasks that only THEY can perform. We train people on how to improve their delegation skills, with systematic plans on whom to delegate to, and why. These changes help create a more balanced work life for people, which improves their home and overall lives.

Author

September 2017 - Present (5 years 8 months)

San Diego, California, United States

Author of 369 Days: How To Survive A Year of Worst Case Scenarios and Co-

Author of Pre-Emptive Strike Leadership: Neutralizing Behavioral Threats That Are Infiltrating Your Organization

Keynote Speaker

May 2016 - Present (7 years)

San Diego, California, United States

Visit <https://MichaelDLevitt.com>

Host of The Breakfast Leadership Show

February 2017 - Present (6 years 3 months)

Parts Unknown (old school WWF reference)

The Breakfast Leadership Show (available on all major podcast hosting networks) Helps people like YOU reduce stress and prevent burnout, so that you can focus on what REALLY matters Most! We interview global thought leaders, entrepreneurs, and marketing experts to show the audience the right steps (no shortcuts!) to grow your business and your life.

Top 200 Global business and marketing podcast on Apple Podcasts.

Help Texts

Expert Contributor

February 2023 - Present (3 months)

The Good Men Project

Writer

December 2018 - Present (4 years 5 months)

Writer at The Good Men Project <https://goodmenproject.com/author/michael-levitt/>

Healers Magazine

Writer

April 2020 - September 2021 (1 year 6 months)

San Diego, California, United States

Healers™ is a radically inclusive community coming together to help people heal themselves and each other.

Healers Magazine is here to help practitioners share the wisdom and techniques of all holistic healing modalities, ranging from the ancient to the

modern, and to improve the accessibility of these options to patients and to one another.

CEOWORLD magazine

Opinion Columnist

September 2020 - June 2021 (10 months)

Thrive Global

Writer

October 2018 - January 2021 (2 years 4 months)

Articles on boundaries and burnout topics

Pre-Emptive Strike Consulting, Inc.

Co-Founder

July 2018 - April 2020 (1 year 10 months)

Greater Los Angeles Area

Inside every organization sits a Trojan Horse, filled with employees waiting to unload their emotional baggage, and managers who behave in ways that trigger employees into engaging in “scorched earth” warfare.

Failure to acknowledge and respond to the emotional needs of employees and the need for highly skilled managers produces staggering risk that is leading to organization implosion caused by managerial ineptitude and the abuse of power in the workplace!

Pre-Emptive Strike Leadership: Neutralizing Behavioral Threats That Are Infiltrating Your Organizations helps CEOs and HR/OD professionals prevent employees from turning their organizations into tomorrow’s headline news.

Now available on Amazon at: <https://amzn.to/2Vub6iG>

Various Executive Roles

Executive

August 2012 - December 2018 (6 years 5 months)

Various

Responsibility for budgets exceeding \$12 million in distributed work environments

Changed 80% turnover rate amongst staff to less than 10% annually via the implementation of culture change and employee retention strategies

Relocated medical clinics into a new clinic site saving \$300,000

Obtained Grant Funding exceeding \$700,000
Implemented change management improving processes

Supply Chain Management Association

VP, Corporate Services

July 2011 - August 2012 (1 year 2 months)

Toronto, Canada Area

The Supply Chain Management Association (SCMA) is the leading, and the largest, association in Canada for supply chain management professionals.

The national voice for advancing and promoting the profession of supply chain management, SCMA sets the standard of excellence for professional skills, knowledge and integrity.

- Responsible for \$3 Million budget, with funding for 10 Provincial Institutes
- Led Finance, HR, and Office administration
- Negotiated new lease, keeping rental rates below market values
- Developed new national office budget, saving Institutes \$280,000 annually, by cost adjustments
- Negotiated new CRM vendor program development, replacing legacy systems
- Saved over \$150,000 by reducing costs through streamlining programs

Commonwealth Solutions

CFO

May 2003 - July 2007 (4 years 3 months)

Livonia, MI

Managed accounting operations

Sales (Internal and External), demonstrations, sales calls, marketing

Served as internal and external IT Consultant servicing customers in

Windows 2000/XP environments and responsible for hardware and software configurations

comScore, Inc.

Procurement and IT Support

April 2000 - January 2003 (2 years 10 months)

Greater Chicago Area

Provided staff support management and responsible for Network and desktop support for over 150 users across multiple remote locations, assuring timely response to support issues, including monitoring and escalation of issues

Daimler Chrysler

Consultant

September 1999 - February 2000 (6 months)

Provided IT TCO, process flow and help desk management consulting to Fortune 1000 companies

Russell Reynolds Associates

IS Coordinator

March 1998 - September 1999 (1 year 7 months)

Coordinated technical support, NT and Novell LAN/WAN administration and IT support staff across 5 locations

DeVry University

IT Network Administrator

December 1997 - March 1998 (4 months)

Managed Novell and NT LAN and support of Chicago campus with 3,000 students, staff and faculty, and supervision of help desk

Applied Systems

Senior Installation Coordinator/Installer

January 1997 - November 1997 (11 months)

Coordinated Server and desktop installations for independent insurance agencies across US and Canada

Heacock Insurance

CFO & CTO

July 1995 - January 1997 (1 year 7 months)

Handled all accounting functions (financial statements, G/L, T/B, Payroll, etc.) as well as Information Technology for a multi-

Fitzpatrick and Bannasch CPA

Staff Accountant/Computer Operations Manager

January 1987 - January 1995 (8 years 1 month)

Provided accounting services to clients (financial statements, G/L, T/B, Payroll, etc.) as well as I.T.

Education

Achology, LTD

Cognitive Behavioural Theory (CBT) Practitioner, Cognitive Psychology and Psycholinguistics · (2019 - 2019)

Achology, LTD

Certified NLP Practitioner, Neuro-Linguistic Programming · (2019 - 2019)

University of Toronto - Rotman School of Management

Advanced Healthcare Leader Program, Leadership · (2014 - 2014)

Ontario Hospital Association

LEAN Health Care Yellow Belt, LEAN · (2013 - 2014)

Canadian Training Institute

Certificate, Crisis Intervention · (2010 - 2010)