

Michael O'Brien  
Chief Shift Officer, Peloton Executive Coaching



Michael loves tackling hard things like his recent cross-country ride across America, but he loves helping others do the same even more. Michael is a former healthcare executive and today he is an executive coach, meditation teacher and founder of the Pause Breathe Reflect meditation app.

He was the first male chapter president for the Healthcare Businesswomen's Association and served on its Global Board of Directors in 2021.

**LinkedIn:** [www.linkedin.com/in/pelotoncoaching](http://www.linkedin.com/in/pelotoncoaching)

**Company Website:** <http://www.michaelobrienshift.com>

**Coaching Credentials:**

Mindfulness Based Stress Reduction Qualified Teacher

Hogan Assessment

LVI 306 Assessment

Energy Leadership

PCC with ICF

22 years of commercial pharma experience from individual contributor to General Manager

**Areas of Expertise:**

Agility and Innovation

Career Exploration

Conflict Management

Core Value Identification

Diversity, Equity, Inclusion, and Belonging

Effective Networking

Emotional Intelligence

Executive Strategy and Alignment

Fitness

Leadership Effectiveness

Meditation

Mindfulness

Navigation of Workplace Relationships

Stress Reduction

Team Building & Optimization

Wellness

Work/Life Balance