

PRESTON SMILES



Experiential Keynote Speaker
3x Author • Entrepreneur
Transformational Leader

He doesn't simply speak
to audiences.
He moves rooms.



KEYNOTES PEOPLE DON'T JUST HEAR.

THEY FEEL

LEADERSHIP / CAPACITY / CONNECTION / HUMAN POTENTIAL

[BOOK PRESTON](#)

[WATCH THE VIDEO](#)

15+ YEARS. THOUSANDS OF PEOPLE.

REAL RESULTS.

For more than 15 years, Preston has spoken, taught, and facilitated transformational experiences around the world, from intimate executive gatherings to keynotes in front of thousands.

6,500

Keynote audience
Isagenix

1,000+

Keynote audience
Freedom Fest Australia

2X

Voted audience-favorite speaker
Front Row Dads

15+

Years speaking and
facilitating internationally

3

Books, including two published
by Simon & Schuster

MILLIONS

Generated through
transformational
education and experiences

INSTAGRAM / ONE 90-DAY SNAPSHOT

8.8M+

Views

3M+

Unique viewers

Speaking, business, and audience figures supplied by Preston's team. Instagram figures reflect one reported 90-day period; they are not lifetime totals.



THE DIFFERENCE IS *THE EXPERIENCE.*

Powerful storytelling. Humor. Audience participation. Emotional intelligence. Embodiment. Practical tools.

People may connect with the person beside them, move, reflect, challenge an assumption, or finally put language to something they’ve felt for years. They leave with tools they can use long after the event is over.

FIND THE KEYNOTE FOR YOUR ROOM

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LEADERSHIP / RESILIENCE / EMOTIONAL INTELLIGENCE

EMBODIED LEADERSHIP

You can't lead beyond your capacity to hold.



The future of leadership requires more than intelligence, strategy, and charisma. It requires the ability to stay grounded when things get uncomfortable, communicate when stakes are high, and create trust without avoiding hard conversations.

This experiential keynote gives leaders practical tools to expand their emotional and nervous-system capacity, so they can lead with greater clarity, resilience, connection, and impact.

AUDIENCES LEAVE WITH

- 01 Tools to stay grounded under pressure.
- 02 Greater capacity for high-stakes conversations.
- 03 A more human approach to trust and leadership.

IDEAL FOR

Leadership conferences, executive teams, company off-sites, sales organizations, founders, and culture events.

RESILIENCE / ADAPTABILITY / SUSTAINABLE PERFORMANCE

THE CAPACITY EFFECT

Your next level doesn't require more information.
It requires more capacity.

**Most high performers already know what to do.
So why don't they consistently do it?**

Preston explores the invisible patterns underneath performance: our relationship with pressure, uncertainty, discomfort, success, failure, responsibility, and change.

Instead of simply teaching people how to perform harder, this keynote helps them expand their capacity to hold more without losing themselves in the process.

AUDIENCES LEAVE WITH

- 01 A practical framework for emotional regulation.
- 02 Greater resilience and adaptability through change.
- 03 A path to sustainable high performance.

HOLD MORE.
WITHOUT LOSING YOURSELF.

IDEAL FOR

High-performing teams, founders, sales organizations, and leaders navigating growth or change.

TRUST / BELONGING / CULTURE / COLLABORATION

CONNECTION IS THE COMPETITIVE ADVANTAGE

The more technologically connected we become,
the more valuable genuine human connection becomes.



Teams don't struggle because they're missing another Slack channel. They struggle because people don't feel seen. Trust erodes. Conversations become transactional. Conflict goes underground.

This highly interactive keynote explores what creates trust, belonging, psychological safety, communication, and genuine connection, and how those qualities shape collaboration, innovation, and performance.

AUDIENCES LEAVE WITH

- 01 A deeper understanding of trust and belonging.
- 02 Ways to strengthen communication and connection.
- 03 A human foundation for stronger collaboration.

IDEAL FOR Company off-sites, people leaders, culture events, and teams working across functions or locations.

NEW KEYNOTE

HUMAN AFTER AI

HUMANITY.

If intelligence becomes abundant,
what becomes scarce?

AI is making information cheaper, answers faster, and content easier to create. That makes trust, presence, discernment, courage, creativity, empathy, and genuine connection more valuable.

Preston approaches AI as a human-transformation expert, asking: who must we become when knowing things is no longer our greatest advantage?

AUDIENCES EXPLORE HOW TO

- 01 Use AI without outsourcing discernment.
- 02 Protect connection in digital workplaces.
- 03 Develop emotional intelligence as an advantage.
- 04 Build cultures where technology amplifies humanity.
- 05 Lead through the uncertainty of rapid change.

The future belongs to people who know
what should never be outsourced.

IDEAL FOR

Leadership conferences, company off-sites, innovation events, and organizations navigating AI-driven change.

BEHAVIOR CHANGE / HABITS / EMBODIED ACTION

KNOWING ISN'T DOING

Why smart people keep repeating patterns
they already know aren't working.

Communicate better. Lead better. Sell better. Listen better. Take care of yourself. Have the difficult conversation.

Most people already know. The more interesting question is: why don't we do what we know?

This keynote takes audiences underneath information and into the unconscious patterns, emotional responses, habits, and protective strategies that drive human behavior.

AUDIENCES LEAVE WITH

- 01 Insight into the patterns behind repeated behavior.
- 02 Awareness of emotional responses that interrupt action.
- 03 A bridge from intellectual understanding to lived practice.

FROM INSIGHT TO ACTION

Transformation happens when knowing
becomes embodied action.

IDEAL FOR

Leadership development, learning and development teams, sales organizations, and change initiatives.

NOT JUST A SPEAKER.

IN THE ARENA.

Preston is a husband, father of four, entrepreneur, three-time author, and creator of transformational companies and experiences.

His work was built through thousands of hours facilitating people, building businesses, leading teams, raising children, navigating marriage, and experiencing both success and failure.



SPEAKER BIO

Preston Smiles is an experiential keynote speaker, three-time author, entrepreneur, and transformational leader. For more than 15 years, he has spoken, taught, and facilitated experiences around the world, from intimate executive gatherings to audiences of thousands. His approach brings together storytelling, humor, audience participation, emotional intelligence, embodiment, and practical tools. His keynotes explore leadership, capacity, connection, behavior change, and what makes us uniquely human in an AI-driven world. A husband and father of four, Preston brings the lessons of business, family, and lived experience to every room he enters.

AUTHOR OF THREE BOOKS

LOVE LOUDER

Simon & Schuster

NOW OR NEVER

Your Epic Life in 5 Steps

Simon & Schuster

SPIRITUAL MILLIONAIRE



BRING PRESTON INTO YOUR ROOM.

Give your audience an experience that interrupts the pattern. Something they can feel. Something they can practice. Something they'll still be talking about after the conference ends.

KEYNOTES / WORKSHOPS / EXECUTIVE GATHERINGS / VIRTUAL EVENTS

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prestonmiles.com/speaking

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**"One of the most uplifting and impactful
speakers we have ever hosted."**

POOJA SHIVDASANI / FOUNDER, INFINITE LOVE