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Milena Regos

KEYNOTE SPEAKER

SPEAKER KIT

"Genius" "Inspiring" "Life-changing"

ABOUT MILENA

KEYNOTE SPEAKER

Milena Miteva-Regos, MBA, is a social entrepreneur, Chief Rebel Founder of Unhustle®, and speaker on a mission to inspire millions with the Unhustle counterculture.

After 23 years in a corporate and entrepreneurial award-winning marketing career, even working with iconic brands like Madonna, she realized that success on the outside, doesn't mean success on the inside. Burnout slows you down. She committed to finding a different path forward. One that is more aligned, energizing, and sustainable. After a decade of research, positive psychology, neuroscience, mindfulness, ancient wisdom, and tons of personal life experiments, she's sharing her counterintuitive message with the world. In a world addicted to hustling, unhustling is a superpower. Highly underrated. Extremely valuable. It leads to increased well-being, energy, creativity, focus, innovation, fulfillment, potential and ultimately, Whole-Life Success Without Sacrifices.

Milena has been invited to speak at the World Economic Forum at Davos and won the People's Choice award at Wisdom2.0. Arianna Huffington calls her message "amazing," and CNN Business calls Unhustle the "key to executive success."

Milena lives her motto: "Live legendary. Do legendary work," between Lake Tahoe, California and Baja California Sur, with her husband and Mexican rescue dog, chasing flow on, in, or under the ocean, wingfoiling, free diving, and kitesurfing while working on her book.



COMING IN
2024

@unhustle



25K+

platform and
growing



TOP 35%
MOST
SHARED

podcast in the world



email subscribers
IN 49 COUNTRIES



SIGNATURE KEYNOTE

In our post-pandemic world dominated by burnout, stress, and disengagement, there's an urgent need for being a BADASS without BURNING OUT.

Unhustling for Whole-Life Success without Sacrifices is Milena Miteva Regos's signature keynote offering a solution for how to redefine success for a more aligned, energizing, and intentional way of living and working.

Sharing insights from her own personal experience of going from burnt out to being on fire and lessons from a decade of research, summed up in the Unhustle Manifesto timeless principles, Milena inspires leaders and their teams to think different and champion change in their personal and professional lives.

This keynote offers practical applications and evidence-based solutions that can be applied right away in an engaging, inspiring, and uplifting format that leaves the audience ready to do things differently for themselves, their teams, families, communities, and the world.

Small ripples create big waves.

Join the movement.

Client Testimonials

What Milena has created with Unhustle is not only genius, it's incredibly needed in our fast-paced, overworked culture. We recently brought Milena in to host Unhustle workshops for hundreds of hotel industry leaders, and her workshops ended up being the highest-rated breakout sessions at the conference. I am excited to continue to work with Milena and champion the growth of the Unhustle movement! - Anna Blue, President, AHLA Foundation

"We recently had Milena share the Unhustle concept with our HR Superstars Community, and wow what a good decision. HR leaders are notorious for caring for others before themselves and Milena through honest conversation and practical advice adding so much value and depth to our conversation. We received rave reviews from all who attended and it was our highest attended session to date!" - Adam Weber, Senior Vice President, Community 15five

"Milena is an engaging, focused, and energetic speaker who consistently produces overwhelmingly positive feedback." - Deni St Lawrence, Deputy Director of Operations, Women in Data

Participants Testimonials

"You actually inspired me to do things differently. I've recycled old shit forever hoping things would change. It never does. It's just applying band-aids on a dead body. You have completely changed how I think and how I view my work and how I show up every day."

Mark Posch, Attendee

"A refreshing change of pace to the typical corporate training I've done over the course of my career! - Jordan Evans, Account Executive, Agora

"Your topic included so many valuable tools for coping with everything happening in the world today. I know I will begin implementing many of your suggestions, and I suspect the other attendees will as well." - Jodi A.M. Herzik, Interim Vice Provost, UNR



WHO I WORK WITH

Conscious leaders and conscious brands who believe that doing well, feeling good, and doing what's right are not mutually exclusive.

WHAT YOU CAN EXPECT

No B.S. approach, humor, life experience, science-based evidence, real life case studies, and practical strategies your audience can implement right away.



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GET IN TOUCH

Unhustle for Whole-Life Success Without Sacrifices can be delivered in person or virtually, keynote or workshop format, in one hour or full day.

