



Author, entrepreneur, and Navy SEAL **Alden Mills** is on a mission to help people be Unstoppable by leading and serving to their full potential.

His motto is “To lead is to serve--and to serve is to care.” Alden has been leading, serving, and caring his whole career. It all started at age 12 when Alden’s doctor told him to play chess because his asthma wouldn’t allow him to play sports. Alden took this on as a personal challenge. He threw himself into sports and became a nationally ranked rower, a gold medalist at the Olympic Festival, and captain of the freshman and varsity teams at the U.S. Naval Academy. Alden then became a Navy SEAL, earning the top leadership post of platoon commander three times.

Alden then founded one of the nation’s fastest growing consumer product companies, Perfect Fitness, skyrocketing it to \$95 million in sales in just three years. There, he developed a patented product--the Perfect Pushup. Collectively, Alden holds over 40 product patents.

When he’s not keynoting or facilitating workshops, Alden advises a number of executives and companies. Alden is also wrangling four teenage boys with his wife, and planning his next great climb on one of the world’s highest peaks.

Testimonials

“Alden Mills is an exceptional storyteller! His military service, combined with his successful entrepreneurship, provides a compelling perspective. Alden’s Unstoppable Teams presentation resonated with our audience.”

- VP, Education Missouri Hospital Association.

“The only easy day was yesterday,” so goes the motto for the Navy SEALs. It’s true. Life was easy before my team and I met Alden Mills. Ever since, the ambition to be unstoppable has been our rallying cry. Alden first impressed me with the meticulous level of precision with which he prepared to address our team. He understood our firm’s mission and values, our roles, and even our philosophies. It’s clear this wasn’t just another gig for him; he forged a deep connection and conveyed a sincere interest to transform our thinking. During the main event, Alden was captivating. He perfectly mixed all of the ingredients to craft a bespoke feast for our eyes, ears, and spirit. Filled with wit, shock, strategy, engagement, and distinct personalities from his career, Alden had us hypnotized with artfully chosen words and movements. If you want someone to make you happy, call a therapist. If you want an ex-Navy SEAL and entrepreneur to make you better, call Alden.”

- Head of Global Distribution, Thornburg Investment Management.

Alden Mills

Speech Topics

- Teambuilding
- Sales
- Resilience
- Personal Growth
- Peak Performance
- Overcoming Adversity

