



Aaron Hendon

Keynote Speaker | Mindfulness Instructor | Author

Your Next Great Podcast Guest on Gratitude,
Mindfulness, Performance and Living Authentically



Why Aaron Hendon?

- **Author and Facilitator of *Living a Grateful Life in a Fckd Up World*:** A revolutionary guide blending mindfulness, gratitude, and authenticity. Aaron's book and courses empower readers to transform grief and chaos into peace and empowerment, offering practical tools to live fully in a complex world.
- **Certified Mindfulness Instructor:** With decades of experience teaching mindfulness practices, Aaron has worked with thousands of professionals and individuals seeking clarity and resilience in their personal and professional lives.
- **Transformational Educator:** Drawing inspiration from renowned thought leaders like Abraham Hicks, Dr. Joe Dispenza, Werner Erhard, Daniel Kahneman, Thich Nhat Hanh, and others—as well as his journey—Aaron combines wisdom with practicality. As a mindfulness-based business coach and speaker, he provides relatable, actionable guidance rooted in real-world experience.
- **Dynamic Speaker:** Known for his humor, authenticity, and no-nonsense approach, Aaron engages audiences with stories, tools, and science-backed strategies.

Key Podcast Topics

From Grief to Gratitude:

How to hold both grief and gratitude in life's most challenging moments.

Authentic Mindfulness:

Breaking free from "toxic positivity" and "faking it till you make it" with practical mindfulness techniques.

The Science of Gratitude:

How gratitude rewires the brain, reduces stress, and fosters resilience.

Mindfulness for Busy Professionals:

Integrating simple, effective practices into your daily routine without needing extra time.

Living as Your Best Self:

How mindfulness and gratitude can unlock authenticity and deeper connections in personal and professional relationships.

Why Your Audience Will Love Aaron

Relatable and Down-to-Earth:

Aaron shares personal stories and lessons with humility and humor, making complex topics approachable.

Actionable Insights:

Listeners leave with practical tools they can immediately implement.

Engaging and Thought-

Provoking: Aaron weaves compelling narratives that challenge, inspire, and motivate.

Science Meets Spirit:

Bridging research with heart, Aaron speaks to the rational mind and the soul.

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What Makes Aaron Unique?

A Fresh Perspective:

Aaron doesn't shy away from addressing life's complexities. His work isn't about pretending everything is okay but finding a way to live powerfully and authentically within the chaos.

Experience Across Fields:

His path from graduating art school with a BFA, to waiting tables, to opening and running a bakery, to managing a successful real estate business, to leading mindfulness workshops, Aaron's diverse background makes him uniquely equipped to address a wide range of topics.

Holistic Approach:

Aaron's work combines spirituality, science, and practicality, making his insights accessible and impactful.

"The Living a Grateful Life training has made me less reactive to things as they come up, and I am truly learning to be "okay" with what happens- trusting that life is unfolding perfectly."

"Aaron's authenticity and actionable insights were a game-changer for me. I am freed up to be less reactive, more thoughtful, and detached from how I think things, people, and situations should be and embracing them more as they are."

Media Highlights

Co-Host of The Mindful CEO Podcast

Featured on leading mindfulness and wellness podcasts.

Author of Living a Grateful Life in a Fckd Up World with glowing reviews from early readers and experts in mindfulness.

Guest speaker at mindfulness workshops, professional conferences, and corporate retreats.

Sample Interview Questions

- Can you explain what you mean by "living a grateful life in a fckd up world"?
- Why do you believe traditional gratitude practices often fall short, and how does your approach differ?
- How does mindfulness elevate performance??
- What does agency of attention mean and why does it matter?
- What are three things people often get wrong about meditation?
- What's one small, impactful practice our listeners can adopt today?
- Can you live mindfully without losing your edge?

"Aaron is an amazing person and teacher, he really brings mindful practice to life."