

MICHAEL PELLEGRINO

TCAA

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BIO

Michael Pellegrino is a nationally recognized keynote speaker, author, and resilience expert with a 25-year career in law enforcement. He is the Founder of Resilient Minds On The Front Lines, a national nonprofit delivering mental wellness and resilience training to first responders, military, corporate teams, and real estate professionals. Michael is the creator of Mental CPR™—Catch, Pause, Reframe, a practical framework for preventing burnout and resetting mindset under pressure. Author of Crisis = Opportunity, Michael delivers powerful, actionable keynotes that inspire lasting personal and organizational change.

HIGHLIGHTS

Served 25 years in law enforcement, building a career defined by service, leadership, and integrity.

To schedule Michael Pellegrino for your next event, contact Talent Concierge® Artists Agency



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