



Dr. Michael McElhenie is a psychologist whose work bridges organizational psychology, sports psychology, and mental health therapy. His integrated approach allows him to translate methods and insights across disciplines—helping people and teams perform at their best in work, sport, and life.

Drawing on a foundation in behavioral neuroscience, psychology, embodied practice, and kinesiology, Dr. McElhenie has spent nearly three decades coaching executives, athletes, and teams operating under high pressure. His work on Emotional Intelligence (EQ) and “Micro-Practices”—simple, evidence-based techniques for managing stress, emotions, and focus—has supported individuals and organizations around the world in developing greater self-awareness, composure, and adaptability.

His teaching and consulting focus on the practical application of emotional intelligence, responsive leadership, and organizational learning. He and his colleagues help clients unlock potential, build trust, and navigate complexity with clarity and purpose.

As co-author of *Good Sports: Reclaiming the Soul of Youth Athletics* (2024), Dr. McElhenie brings psychological science to the arena of youth sports, offering parents, coaches, and athletes tools for cultivating emotional intelligence, resilience, and character both on and off the field. The book—praised for its blend of research, storytelling, and practical wisdom—reflects his lifelong commitment to helping young people and families rediscover the joy and integrity of sport as a teacher of life.

Dr. McElhenie’s leadership development work also extends globally. As a senior consultant to the United Nations Development Program (UNDP), he played a key role in designing and facilitating the Leadership for Results initiative—an ambitious program implemented across more than 40 countries. The program empowered leaders to create sustainable, locally owned solutions for HIV/AIDS prevention, women’s empowerment, food and water security, and community resilience. Through a combination of systems thinking, emotional intelligence, and participatory leadership practices, the initiative helped strengthen local governance, accelerate behavioral change, and contribute to saving millions of lives worldwide.

In his consulting practice, Dr. McElhenie focuses on aligning leadership teams, cultivating healthy culture, and improving execution. He designs approaches that combine human-centered values with rigorous performance systems—helping leaders translate vision into daily actions that people understand, own, and deliver. His clients include Fortune 500 companies, mission-driven organizations, and sports programs committed to both performance and purpose.

Whether supporting a leadership transition, guiding an organizational reset, or coaching individuals through change, Dr. McElhenie’s goal is consistent: to help people and organizations grow in ways that are sustainable, authentic, and grounded in shared purpose. His work reflects a deep belief that leadership begins within—and that lasting impact is achieved when clarity of purpose meets the courage to act,