



Sean Patton isn't your average professional speaker, he's a former U.S. Army Special Forces Commander, turned executive coach, author, and host of the No Limit Leadership podcast. Drawing from combat leadership and business experience, Sean delivers powerful, practical keynotes that shift perspective, strengthen ownership, and elevate performance. His work equips leaders with the mindset and tools to lead themselves first, inspire others, and create lasting impact across their teams and organizations.

SERVICES

- ★ KEYNOTE SPEAKING
- ★ WORKSHOPS/BREAKOUTS
- ★ LEADERSHIP TRAINING



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LEAD YOURSELF FIRST: WHY IDENTITY BEATS EFFORT

A conversation about Sean's path from small-town Kansas to Green Beret to executive coach — and why most ambitious leaders are working hard on the wrong thing. The Be-Do-Have framework, what 'leading yourself' actually looks like day-to-day, and why identity (not willpower or systems) is the prerequisite for sustainable performance. Great for audiences of operators, founders, and senior leaders.

DISCIPLINE BY DESIGN:

STOP WHITE-KNUCKLING, START ARCHITECTING

A reframe of discipline as environmental design rather than personal grit. Why the most consistent leaders Sean has coached aren't relying on willpower at all. The 3 Ps — Place, People, Priorities — and how listeners can use them to make focus the default in a world engineered for distraction. Ideal for productivity, leadership, and entrepreneurship shows.

META PERFORMANCE™:

THE HIGH PERFORMANCE TRAP

"How can I be the best?" sounds like the right question — until you realize it's the ceiling that's quietly burning your top performers out. In this conversation, Sean unpacks Meta Performance™, the framework developed at Novus Global that moves leaders past the comparison game and into a different question entirely: What am I truly capable of? Listeners will hear why high performance is a trap, why the two greatest leadership challenges are underestimating yourself and underestimating your team, and how the six pillars — Growth, Ownership, Love, Integrity, Vision, and Energy — reshape what a leader thinks is possible. Ideal for shows on leadership, executive development, performance, and high-achiever burnout.



"THOROUGHLY IMPRESSED!"

DR. CHARLES BLANKENSHIP; PRESIDENT & CEO, GE
APPLIANCES AND LIGHTING

"INCREDIBLY POWERFUL AND INSPIRATIONAL!"

BILL STAFFIERI; PARTNER PWC

**"DYNAMIC, ENGAGING, AND COMMUNICATED A
MESSAGE THAT WAS HIGHLY RELEVANT TO OUR WORK."**

ERIC BUBRIG; COO, STRATEGIC FINANCIAL PARTNERS

**"OUR TEAM WALKED AWAY FEELING INSPIRED AND
CHALLENGED IN THE RIGHT WAYS ON HOW THEY CAN
BE BETTER LEADERS REGARDLESS OF THEIR ROLES IN
THE ORGANIZATION."**

CARSTEN BICK; SVP, HEAD OF OPERATIONS IVX HEALTH

**"SEAN COMBINES DISCIPLINE, LEADERSHIP
STRATEGIES, PSYCHOLOGY, AND SELF-IMPROVEMENT
UNLIKE ANYTHING ELSE IN BUSINESS."**

JOHN MICHEAL MORGAN; BRANDING CONSULTANT &
BESTSELLING AUTHOR