



International Speaker. Rebel Entrepreneur. Counterculture Creator.

Milena Regos



Milena Regos is founder of Unhustle®, an ex award-winning marketer, and certified Human Potential Coach on a mission to replace Hustle Culture with Human(e) Culture and inspire millions to design Life, Work & Play, effortlessly with Unhustle Flow and counterintuitive but science based Un|Re Method™ (Unlearn | Relearn). She hosts The Unhustle Podcast and lives between Baja and Lake Tahoe.

PRESENTED & FEATURED IN:



Deloitte.



Entrepreneur



"Success is about designing a legendary LIFE. Keep "hustling" and you'll find yourself divorced, fat, and sick with kids who think you're an asshole. It's time to design businesses that work for our lives, not lives that work for our businesses."
Christopher Lochhead, #1 Apple Business Podcaster, 5 times best seller, and Godfather of Category Design

Email to book time:

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DISCUSSION TOPICS:

- LiveWorkPlay Design
- Mindset to escape the hustle and grind trap
- Effortless impact by working less
- Tapping into full human potential
- Dealing with fear, overwhelm and anxiety
- The future of work
- Burnout prevention and wellbeing in the workplace
- Mindful living and radical self-care
- Slow down to speed up
- Digital wellbeing
- Wellness sabbaticals

SAMPLE INTERVIEW QUESTIONS:

- Why did you quit your 7-figure marketing career to start Unhustle?
- What do you see is the biggest obstacle for people in redefining their success? What is your definition of success?
- What mistakes and failures did you do when you pivoted your career?
- What's the first step for someone to begin their Unhustle journey?
- How do you walk the talk as an entrepreneur?
- What is the Unhustle Morning?
- Your question here!



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