

# **MICHAEL DENNIS**

*Speaker | Clean Comedian | Austin, TX*

## **WHAT I DO**

I deliver engaging, practical talks for teams and events, often blending clean comedy with real life insight. My focus is helping people handle pressure, navigate relationships and keep perspective when life gets heavy without losing their sense of humor.

## **TOPICS**

Designed to help teams stay engaged in high pressure environments.

### **Leading with Humor When Life Gets Heavy**

Why humor is not an escape, but a tool for resilience, connection, and perspective

### **From Frustration to Freedom**

How to stop carrying unnecessary weight and stay grounded when everything feels urgent

## **WHAT MAKES THIS DIFFERENT**

- 15+ years speaking and leading groups
- Clean comedy experience performing in Austin, TX
- Content designed for mixed audiences
- Engaging, relatable, and immediately applicable

## **FORMAT OPTIONS**

- 10–15 minute keynote
- 20–30 minute session
- Comedy + speaking hybrid for events

## **WHAT PEOPLE WALK AWAY WITH**

- A clearer way to handle pressure without carrying everything
- Practical ways to reset perspective in real time
- Tools to bring humor into everyday tension
- A mindset that reduces burnout without lowering standards

## **IDEAL FOR**

- Corporate teams and off-sites
- Nonprofit events and fundraisers
- Community and leadership gatherings

## **ABOUT THE SPEAKER**

Michael Dennis is a speaker and comedian based in Austin, TX who brings a unique blend of humor and real-life perspective to every room. For over 15 years he has helped people navigate pressure, relationships, and life's most challenging seasons with clarity and practical insight.

Today, he combines that experience with clean comedy. Michael regularly performs in live comedy settings throughout Austin and San Antonio, so that he is able to create engaging, meaningful experiences for teams, events, and organizations. He's been married for over 20 years and has raised two adult children, which gives him plenty of material and perspective on life.

## **CONTACT**

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