



# FROM TOP TIER CEO TO PRISON INMATE

**Michael D. Huggins,**  
thoughtful leader,  
author, speaker

*Michael D. Huggins,  
the Boardroom Yogi,  
found his purpose and his ZEN  
behind prison walls*

A CEO and Wharton graduate running a \$2 billion business, Michael Huggins' rise was suddenly halted in 2012 when sentenced to a misdemeanor prison term under the Responsible Corporate Officer doctrine which holds execs accountable for lower level business actions.

Michael coped by practicing yoga, sharing its transformative tools with fellow inmates which evolved into a comprehensive conflict resolution prison program. Later, turning down lucrative job offers, he founded the Transformation Yoga Project, serving people impacted by trauma, addiction, and incarceration. TYP now serves well over 50,000 people, and has trained over 400 yoga instructors. Mike Huggins' life perspective and business experience transfers brilliantly to inspiring leadership, team building and increasing profitability while reducing stress.

## STORY IDEAS:

- **From CEO to Prison Inmate**  
The Boardroom Yogi's true story: From managing billion dollar businesses to prison inmate and back again
- **Reaching Beyond the Bars**  
How I used my incarceration to provide empowerment tools that tap into human potential and change lives
- **Toxic Masculinity is STILL in the News**  
No more tough-guys, PLEASE! Let's bring back the "gentle-man"
- **I'm White, Male Privileged, Outside and Inside**  
Let's take the blinders off and figure out how to level the playing field once and for all
- **Reputation Repair 911:**  
When the S\*\*T hits the fan, how to survive and rebuild your relationships, reputation and career
- **Monday Morning Mantras!**  
My 3M simple, but life-changing strategies to cut through stressful mental clutter
- **Did You Climb the Wrong Corporate Ladder?** Sometimes you need a radical change. Leverage your past to restart a fulfilling future
- **"ANYTHING is available for a price"**  
Surprising capitalism - behind the bars lessons I learned from the underground prison economy

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