

# Darren Miller

## Every Breath a Gift.

Founder, Team Forever + Forever Fund

Professional Speaker

Endurance Athlete

Sharp Healthcare – Leadership Development Sessions  
San Diego, California



As an established healthcare speaker and community leader – after two decades in financial services, endurance athletics and my charity through the UPMC Children’s Hospital of Pittsburgh, I am passionate about developing resilience within the healthcare community.

Hospital staff face unique challenges. Among many, the stress of COVID-19, finding the human element in patients and the ability to adapt to an ever-changing environment as both a new, and experienced practitioner.

The F.O.R.E.V.E.R. Essentials I developed will work to equip your staff with the skills to break out of their rut and leverage their personal goals outside of the hospital to better manage their routine to prevent burnout. I am looking forward to aligning our messages for success.

“Darren exudes a passion for life and enthusiasm for challenge that is undeniably inspiring. We were extremely fortunate to have him visit Cedars-Sinai Medical Center for the Grand Rounds and share his strategies for overcoming what are seemingly insurmountable odds. We are often told in our medical training that the road to becoming a physician is a series of marathons and it can appear equally daunting at times. The tools Darren shared will not only serve our residents during their training but continue to benefit them throughout their medical practice.” **Rocco Addante, Anesthesiologist, Cedars-Sinai Medical Center**

“Darren has been a passionate advocate for children’s causes. He was always happy to come to any event, to speak with other donors, to share his story and his passion with children in the hospital. He defines the spirit of perseverance. From being a successful entrepreneur with strong business acumen, he clearly can work well under pressure, as he handles his life as a father, his professional career as well as his endurance athletic and philanthropic endeavors. He has always communicated very well with our team on the Heart Center Auxiliary Board within the Foundation.” **Gregory Barrett, Former President, UPMC Children’s Hospital Foundation**



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## About Darren

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Throughout his career, Darren Miller has assumed leadership and sales positions in wealth management, private banking, and institutional money management. He is deeply dedicated to developing leaders through a timeline of overcoming the odds. His best quality is the ability to persevere as one who leads with purpose, desire, and tenacity. He leverages his professional career, endurance athletics and non-profit management to present powerful seminars that engage, motivate, and inspire. Focused on the time-tested concepts of the F.O.R.E.V.E.R. Essentials, he instructs executive management and national sales teams to visualize and grasp their passions in life to push their physical and mental limits.

As an entrepreneur, Darren is the President-Founder of Every Breath A Gift, LLC. An established professional keynote speaker and development coach, his business of inspiring strength began while competing in marathon swimming and ultra-marathon running competitions around the world to raise money for the co-founded Forever Fund at the UPMC Children's Hospital of Pittsburgh. On August 29, 2013, Darren became the first athlete to complete the 'Oceans Seven' on first attempts: a series of marathon swims spanning five continents. He was named 'Top Extreme Adventure Athlete' by The Weather Channel, an 'Everyday Hero' by Men's Health and is highlighted in the 2020 Guinness Book of World Records.

Darren was born in Pittsburgh, Pennsylvania and attended Penn State University. He currently lives in Palm Springs, California with his children, Reagan, and Penn.

## The F.O.R.E.V.E.R. Blueprint

### Seminar & Keynote Engagement

#### Finding Purpose for Your Pain

The entry points. We are introduced to the concept of finding the catalyst from within each of us. Everyone has a different struggle within. We learn to harness the darkness for the change we seek.

#### Open Your Eyes to Appreciate Life

We work to provide vision and the reason why we must be relentless. There are many who have not been as fortunate. For those who lost the battle early, we remain steadfast in our pursuit.

#### Remember To Keep Family, Work and Passions in Balance

Our family is everything. We take a deep dive into our current situation and work to leverage our passions to impact growth from within. This discipline filters over into our work. The three pillars provide balance.

#### Embrace Positive Self-Talk to Keep Moving Forward

We work to create the ability talk through the barriers we face and learn to ignore when the mind is telling the body to stop. We are all challenged at times but learning to filter the noise to remain positive most of the time is vital.

#### Visualize The Heroes in Life Who Drive You

The heroes are those who taught us the value of grit, determination, and the higher purpose. We work to identify the 'Third Boat' within our lives – my most powerful visualization which has pushed me when I was at my lowest points.

#### Establish A Consistent Management Routine

It is not only about how we manage our work, but how we manage our entire well-being. Our daily routine of consistent growth is the focus, and how we can find those necessary hours throughout the week to continue pushing forward.

#### Reinforce A Legacy of Leadership

We tie all the concepts into legacy and put a profound focus on what mark we are going to leave behind. We lead with purpose, truth and conviction to care, love and provide a lifetime of exploring the limits of our existence.



## Professional Experience

**Edward Jones** | 2021  
Financial Advisor

**J.P. Morgan Chase & Co.** | 2019  
Private Client Advisor

**Huntington Bank** | 2017  
Licensed Branch Manager

**Every Breath a Gift, LLC.** | Present  
President, Professional Speaker

**PNC Capital Markets** | 2016  
Fixed Income Specialist

**PNC Private Client Group** | 2009  
Senior Relationship Manager

**Merrill Lynch** | 2007  
Financial Advisor

**Federated Investors** | 2006  
Broker Dealer Client Services

## Community Development

**Angel View, Charity** | 2021  
Volunteer, Fundraiser

**Pennsylvania State University** | 2021  
Palm Springs Alumni Chapter, Founder

**California Innocence Project** | 2020  
Fundraiser, Endurance Athlete

**Wildlands Conservancy** | 2019  
Conservationist, Trail Reclamation

**Pennsylvania State University** | 2014  
Spring Keynote/Sheetz Foundation Mentor

**Team Forever, Charity** | 2010  
Founder, President

## Professional References

**Cindy Walsh** | Director, Sharp Memorial Hospital

**Patty Maysent** | CEO, UCSD Medical Center

**Rocco Addante** | Lead Anesthesiologist, Cedars-Sinai Medical

Contact information made available upon request.

## Speaking Resume



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