

Brian Miles
MLB Mental Performance Coach
Cleveland Guardians

Brian Miles is currently the MLB Mental Performance Coach for the Cleveland Guardians, where he helps players and the team perform at their best in one of the most demanding environments in professional sports.

With over a decade of experience in professional baseball and five years working with the country's elite soldiers in the U.S. Army, Brian has built a career around helping athletes and teams elevate their mental game. His work has been instrumental in driving performance at the highest levels.

While Brian's roots are in sports, his coaching reaches far beyond the field - he's also brought his mental performance coaching to places like Google and NASA, sharing strategies that apply in all kinds of high-pressure situations and proving these techniques work no matter the challenge or setting.

Brian is the President of the Professional Baseball Mental Performance Society (PBMPS) in association with Major League Baseball. He holds a B.A. in Psychology from Montclair State University and an M.Ed. in Psychology: Athletic Counseling from Springfield College.

Brian has a way of making big ideas feel personal, practical, and immediately useful. Expect sessions that are not just insightful but are full of takeaways you can put to work right away.



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