RESILIENCE KEYNOTE SPEAKER · BODYBUILDER · CARDIAC ARREST SURVIVOR

Miller Kaapke



Three cardiac arrests. Ten surgeries. Twelve years of bodybuilding. A true story that shows people what they're capable of, and helps them push through big changes, hard stretches at work and burnout.

3	10	~23	12
CARDIAC ARRESTS SURVIVED	SURGERIES OVER HIS LIFE	MINUTES WITHOUT A HEARTBEAT AS A KID	YEARS AS A BODYBUILDER

KEYNOTES

It's All Up to Me

Resilience and ownership from a lifelong heart patient

Heart failure, three pacing systems, a third cardiac arrest during his tenth surgery, and twelve years of building strength as a bodybuilder anyway. Miller shares how he learned to take ownership when so much was out of his control, and to keep going when quitting would have been easier.

- Practical resilience for big changes, hard stretches and burnout
- Taking ownership when things feel out of your control
- Building strength while living with limits

Miracle Child

A cardiac arrest at home, and the people who refused to quit

As a kid, Miller went into sudden cardiac arrest at home. His dad did chest compressions until emergency services arrived, and a chain of people kept working until he was revived, after about 23 minutes without a heartbeat. His local paper called him a miracle child. It's a story about what people can do under pressure, and what happens when every person does their part.

- How ordinary people rise to impossible moments
- Why no one makes it through alone
- A reminder of what your team is capable of

> **Formats:** keynote or breakout · in person or virtual · Q&A available. Based in Mesa, Arizona; travels nationally and internationally.

AUDIENCES

Corporate conferences and leadership meetings · company and team events · associations and industry conferences · financial, public sector and community organizations · healthcare organizations

SPEAKING



Main stage, Medtronic headquarters
Keynote to about 1,000 employees in the room, with about 90,000 more watching on Medtronic TV.

Booked
Four talks to Medtronic employee groups (about 200 each) and a talk to EBR Systems employees.

ABOUT MILLER

Miller was born with two rare heart defects and had his first heart surgery at 18 months. Over his life he has had 10 surgeries, lived through years of heart failure and survived three cardiac arrests, the most recent in March 2026 during his tenth surgery. He has also been a bodybuilder for 12 years. Based in Mesa, Arizona, he speaks to help people see what they're capable of when things get hard.

Your audience will leave with a story they won't forget and a reminder of what they're capable of.

Book Miller
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