

Charlie Parrish

Fear Management • Mindfulness in Leadership • Situational Awareness

Keynote Speaker • Author • Leadership Strategist • Military Veteran

Fear Under Control. Leadership Under Pressure. Awareness as a Weapon.

Charlie Parrish brings rare experience to every stage he steps on. His presentations combine real-world stories from military service, law enforcement training, and high-stakes personal protection with practical frameworks that leaders can apply immediately.

Charlie's presentations are direct, grounded, and built for action—giving audiences tools that work in the real world.

About Charlie Parrish

Charlie Parrish is a leadership strategist, keynote speaker, and author whose career has been defined by performance under pressure.

He served as an E-5 Sergeant in a U.S. Army Air Assault Heavy Weapons Company. He holds an advanced Black Belt in Mizu WaKi JuJutsu and has instructed law enforcement, military units, and contractors in defensive tactics and counter-ambush techniques. He has protected celebrities and diplomats as a high-profile bodyguard, spent 30+ years as a stuntman and technical advisor for film and television, and is a certified Reiki Master.

Through Coastal Barrier Inc., Charlie delivers keynotes and workshops that help organizations, leaders, and teams develop the mindset and strategies to perform when it counts.

His leadership philosophy is built on:

- Understanding and overcoming fear
- Mindfulness as a leadership discipline
- Situational awareness in every environment
- Tactical decision-making under pressure
- Small unit cohesion and team performance

Speaking Topics

Fear by Design

Understanding and Overcoming the Fears That Hold You Back

How to deconstruct fear and transform it from an obstacle into an asset. Charlie breaks down the physiology and psychology of fear and delivers a clear framework for managing fear responses in real time—applicable in the boardroom, on the field, or in any high-stakes environment.

Key Takeaways:

- How fear affects the brain, body, and decision-making
- The seven faces of fear—from panic to avoidance
- Moving from reactive fight-or-flight to strategic response
- Breathing and centering tools for immediate use
- Building a personal fear management strategy

Mindfulness in Leadership

Presence as a Performance Discipline

The most dangerous leader in any room is the one who is fully present. Charlie reframes mindfulness not as a wellness trend but as a hard-nosed leadership tool—rooted in martial arts, military discipline, and real-world executive application.

Key Takeaways:

- Why presence is a tactical leadership advantage
- Reducing costly decision errors through disciplined self-awareness
- Breath control and focus under organizational pressure
- Supporting teams through fear-inducing situations
- The relationship between courage, calm, and command

See Everything, Miss Nothing

Situational Awareness and Its Applications Across All Disciplines

Situational awareness is the foundation of every elite operator and every great leader. Charlie translates the frameworks used by Army Rangers, law enforcement, and professional security specialists into practical tools for any organizational environment.

Key Takeaways:

- Scanning and reading environments with precision
- Recognizing threats and opportunities before they escalate
- Faster, higher-quality decisions with available information
- Applying awareness frameworks in corporate and team settings
- Building a culture of shared awareness within organizations

Ideal Audiences

Charlie's presentations are designed for:

- Corporate leadership teams
- Executive leadership retreats and offsites
- Military and law enforcement organizations
- Professional associations and business conferences
- First responder and emergency management teams

- Veteran leadership and transition events
- Entrepreneur and high-performance forums

Audience Outcomes

Organizations that bring Charlie in to speak typically want their audience to:

- Understand and manage fear in high-pressure situations
- Lead with greater presence, clarity, and calm
- Develop sharper situational awareness and threat recognition
- Make faster, better decisions under uncertainty
- Build cohesive, high-performing teams

Speaking Testimonials

Corporate Leadership Conference

“Charlie brought something I’ve never seen on a leadership stage before. His session on fear wasn’t motivational fluff—it was a tactical blueprint. Our team left with tools they used the next morning.”

— VP of Operations, Defense Contractor

Executive Leadership Retreat

“Practical, direct, and absolutely gripping. Charlie doesn’t just speak about high-performance leadership—he has lived every word of it.”

— Director of Leadership Development

Regional Healthcare Conference

“The situational awareness session changed the way our managers think about reading a room. Immediately applicable and genuinely eye-opening.”

— Chief of Staff, Regional Medical Center

Event Formats

Charlie can tailor presentations to your event’s needs.

Formats include:

- Keynote presentations
- Leadership workshops
- Executive retreats
- Conference breakout sessions
- Two-day intensive seminars
- Panel discussions
- Podcasts and media interviews

Presentation length options:

- 30 minutes
- 45 minutes
- 60 minutes
- Half-day workshop
- Full-day leadership training

Charlie is flexible and can adapt presentations to fit most event formats.

Speaker Requirements

Typical event setup includes:

- Standard presentation screen and projector
- Wireless microphone for audiences over 50
- Small stage or presentation area
- Audience Q&A time (optional)

Charlie is flexible and can adapt to most event environments.

Booking Information

To inquire about booking Charlie Parrish for your event:

Coastal Barrier Inc.

Leadership & Business Consulting

Website

coastalbarrier.com

Speaking Inquiries

Contact us via the website or schedule a consultation to discuss your event.