

WILHELM 'MAC' MWENGI

HOW TO WASH YOUR UNDERWEAR: WHAT EGO HAS TO DO WITH LEADERSHIP

Because every leader has dirty laundry they haven't dealt with yet.



ABOUT MAC WILHELM MWENGI

From herding cattle in Kenya to coaching leaders in corporate America, Mac Mwengi brings real-world wisdom, wit, and vulnerability to the stage. He's a published author, speaker, and life coach who transforms heavy topics into human conversations—making them relatable, actionable, and inspiring. His bold metaphor—underwear as ego—captures attention and sparks honest dialogue.

With Mac, audiences don't just listen; they laugh, reflect, and walk away ready to lead with authenticity.

TALK OVERVIEW

Ego is the silent blocker of feedback, collaboration, and growth. But instead of treating it like the enemy, Mac shows leaders how to manage it - like laundry. This keynote helps teams laugh, reflect, and reframe ego not as a weakness, but as a washable, wearable part of leadership.

BOOKING & CONTACT



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**BOOK MAC TO SPEAK AT
YOUR NEXT EVENT!**

AUDIENCE TAKEAWAYS

- Understand the 3 types of ego: Thong (Overexposed), Tightly Whitey (Restrictive), Boxer Brief (Clean)
- Identify your default ego style and how it shows up in your work and relationships
- Learn the 3-step 'ego wash cycle': Spot the Funk, Soak in Feedback, Air It Out
- Reframe ego as a support system - not a show

WHO THIS IS FOR



HR and L&D professionals



Team leads and senior managers



Organizations wanting to reignite feedback culture.



Leadership retreats and DEI-adjacent program

'How to Wash Your Underwear: The Dirty Secret Why Ego Isn't Bad' **AVAILABLE NOW ON AMAZON.**