

Mike Collins

Mike Collins is the president of The Perfect Workday Company, an information company based in the Research Triangle region of North Carolina. Mike presents over 100 programs a year for organizations such as IBM, American Express, Pepsi-Cola and the Duke University Medical Center. He is a guest lecturer in the nationally-ranked Executive Masters Program at the University of North Carolina at Chapel Hill's School of Public Health. Mike's programs are consistently rated "Excellent."

Mike Collins' articles have appeared in Newsweek, American Banker and BUSINESS: North Carolina in addition to many local and regional business and entertainment magazines. He is the author of three books including The North Carolina Jobhunter's Handbook. Mike is currently writing The Perfect Workday. He recently completed his first novel.

Mike has been quoted in a wide variety of media including FORTUNE magazine, Forbes.com and many regional television stations.

In February, 2002, Mike created a new company, Caregiver 101, Inc. to produce and market the video he recently completed, "Care for the Caregiver." The video offers tips, tactics and strategies to informal caregivers about how they can take care of themselves while caring for others. In 2003, "Care for the Caregiver" won the national Caregiver Friendly Award from Today's Caregiver magazine.

Mike has a Bachelors Degree in Radio, Television and Motion Pictures from the University of North Carolina at Chapel Hill and a Masters Degree from Duke University with a focus on caregiver well-being. Also, Mike has completed course work at North Carolina State University and Oxford University, Oxford, England.