



### 45 Minute keynote

Success really is achievable for everyone, but because the challenges and obstacles that must be overcome are won and lost in our minds, success requires a winning mindset. Success requires confidence. By learning how to develop your own confidence, you'll start to create winning habits. You will think, and perform like a confident champion.

Penny delivers a thought-provoking, entertaining and interactive keynote designed to compel delegates to take steps towards increasing their confidence.

### Who needs this keynote?

- Organisations looking to increase the confidence of their teams
- Organisations will be able to identify how building the confidence of their people will increase profitability
- People under performing due to lack of self-belief
- People looking to increase their confidence to live a happier and more fulfilled life.

### What will the delegates learn?

- Delegates will reconnect with their vision, passion and purpose of life
- Delegates will learn how to increase optimism, confidence, resilience, character, grit and attitude will create a happier, fulfilled life
- Delegates will be given tangible tools to help equip themselves to increase their confidence
- Delegates will discover how to transform personal and business performance by improving their level of self-belief.



# PENNY MALLORY: Talks

Creating Confidence

Confidence is not a thing you can hold in your hand. It is not something you can photograph or get out of your pocket to show someone. You can't get any from ebay or Amazon. It's certainly not something you can give someone either.

Confidence is a concept, an idea, a feeling, a state of mind. It could be described as the 'level of faith you have in your ability to succeed' a quiet inner knowledge that you are capable; feeling secure rather than insecure.

Penny Mallory delivers an interactive, challenging and transformational insight into how you can improve your confidence, today.

## Follow up activity

Many organisations choose to follow up with Penny and her team to deliver personal and organisational neuro transformation to access, develop and sustain resilient performance, confidence and wellbeing through applied neuroscience based diagnostic tools, neuro coaching and development interventions. Please refer to the Mental Toughness Program for further information on these services.

## Penny Mallory

Penny Mallory is an International Keynote Speaker who draws on her experiences as a homeless teenager who fulfilled her impossible dream of becoming a Champion Rally Driver. Against all the odds, Penny became the first (and remains the only) woman in the world to compete in a World Rally Car, for the Ford Rally Team.

She is an expert in Mental Performance. Not only has she competed in the World Rally Championship, she has run multiple marathons, climbed the worlds highest summits, and fought in two boxing matches, amongst other things!

Penny is a Psychological Performance Coach who works within Sport and Business to improve performance and results, and create World Class Teams.