



45 Minute keynote

The Mentally Tough prosper and succeed in today's fast pace of change and innovation. Increasing resilience, focus, confidence and attitude transforms performance and profitability. With increased Mental Toughness we can learn to manage the stress and pressures we all face.

The wellbeing and mental health of you and your organisation is vital. Absence, Attrition and Accidents cost UK business over £20m every year.

Penny Mallory delivers an interactive, challenging and transformational insight into how and why you can't afford to ignore the Mental Toughness of your people and your organisation.

Who needs this keynote?

- Organisations looking to transform performance, lower employee turnover, increase customer satisfaction, increase profitability and become an employer of choice
- Organisations will be able to identify what areas of the business Mental Resilience should be built-in, as a part of the organisation design which will then complement their people strategy. This will improve performance and success, resulting in a higher return on investment
- People not coping well with the stresses and pressures of life and work
- People looking to increase their mental toughness 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 to create a happier, fulfilled life
- Delegates will be given tangible tools to help equip themselves to increase their mental toughness
- Delegates will discover how to transform personal and business performance by improving wellbeing for themselves and others.



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 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.