



### 45 Minute keynote

Resilience is our ability to adapt and bounce back when things don't go as we had planned or hoped. Resilient people don't wallow or dwell on failure; they acknowledge the situation, learn lessons from mistakes and move forward. They are mentally tough and they thrive in this world.

In this thought provoking keynote, Penny shares her insight into how we can all start to develop our resilience today (increase our bounce-back-ability) and start to see significant improvements in our results, personally and professionally.

### Who needs this keynote?

- Organisations looking to increase the resilience of their teams
- Organisations will be able to identify how building the resilience of their people will increase profitability
- People under performing due to lack of 'stickability'
- People looking to increase their resilience 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 resilience
- Delegates will discover how to transform personal and business performance by improving their level of self-belief.



# PENNY MALLORY: Talks

## Resilience and Results

Through an understanding of how we view the world, the challenges we face and the commitments we make (or don't) delegates will start to link their childhood experiences with how we resist and avoid anything uncomfortable at all costs. This is because what makes us uncomfortable can summon our best, through building confidence and self-esteem. So getting comfortable being uncomfortable could be the answer!

Penny Mallory delivers an interactive, challenging and transformational insight into how you can start to develop your resilience 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 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.