



# PENNY MALLORY: Talks

World Class Thinking

Enlightened Leadership

Creating Confidence

Mental Toughness

Resilience and Results

Ambition to Achievement

## World Class Thinking World Class Behaviour

Motorsport and TV fans know her as the first and only woman to drive a World Rally Car. Penny knows how to compete and beat the odds, but she also knows top performance requires even more than sacrifice and maximum commitment. It also takes heart, insight and the courage to keep going and the refusal to quit. She gets it, because she's lived it.

As a leading authority in Mental Toughness, Penny has perfected the art of Psychologically-Powered Performance. Her interactive, challenging and transformational insight into how and why developing confidence, resilience, commitment and focus is critical in today's business environment.

No secret sauce or overused buzzwords, her engagingly authentic but wildly entertaining keynotes and masterclasses are enjoyed by international audiences. From senior leadership to middle management, her experience working inside and alongside world class teams, including Formula One, enables her to inspire and influence meaningful change within organisations.

Penny's expert understanding of how our thinking affects our behaviour is brought together in her Keynote 'World Class Thinking, World Class Behaviour'.

These aren't hollow marketing words, her life attests to their human truth. As a child she saw alcoholism and mental illness destroy her family. Fleeing home at 14, homeless and fending for herself on the London streets, her life couldn't have been more dangerous or bleak, yet an inner strength and self-belief enabled her to take control of her future. She made impossible possible and has since dedicated her life to helping others do the same.

It is these experiences that have made her keynotes acclaimed international favourites for many of the world's most powerful and storied brands, including Coca-Cola, Grand Vision, Waitrose, Tesco, Telefonica, Klesch, Sony, Volkswagen, HPI, Jaguar, Proctor & Gamble, Airbus and many more.

Her life is a continuing series of doing what conventional thinking says she simply can't – from competing in three marathons on three consecutive days to hell runners and triathlons; finding the courage to enter the boxing ring twice and the physical resolve to conquer two of the world's highest mountains. Little wonder that her interactive keynotes inspire taking action, and to believe you can because you can. With Penny in your corner, you can and will.

The author of 'World Class Thinking, World Class Behaviour' and 'Take Control of Your Life', Penny is a descendent of George Mallory, widely believed to be the first man to conquer Mt. Everest. If you're ready to change, determined to move forward, committed to unleashing your best and realising all that you dream,

Penny Mallory will partner in your success with coaching, keynotes and workshops igniting psychologically powered performance.