



Professor Paddy Upton

High performance coach, author, professional speaker, professor

Paddy brings over 25-years of experience of working in high-performing teams in business and sport, across multiple industries and different cultures, spanning five continents.

As Mental Conditioning and Strategic Leadership coach, Paddy helped lead the Indian national cricket team to win the 2011 ICC Cricket World Cup for their first time in 28 years, and to become the World's No. 1 Test Team for their first time. As Performance Director, he then helped lead the South African cricket team to become the first to simultaneously hold the World No. 1 ranking in all three formats of the game. He's been Head Coach of five different professional T20 cricket teams in 12 tournaments across three of the world's major leagues (IPL, BBL, PSL), and has been Mental Coach to over 100 professional athletes from 11 different sports. He has over two decades experience as an Executive (business) Coach, in South Africa, India and Australia, and has delivered over 200 keynote addresses in more than 50 cities in five continents.

Paddy has degrees from four different universities, including two Master's degrees, is a Professor at Deakin University (Business and Law faculty) in Melbourne, Australia. His recent best-selling book, 'The Barefoot Coach. *Life-changing insights from coaching the world's best cricketers*' has been called 'brilliant', 'insightful', 'one of the best books on man-management and leadership', and 'a must for any coach or business leader'.

Paddy claims does all this to support his surfing and fishing habits.