



# MENTAL TOUGHNESS

Improve Mental Toughness > Transform performance

## 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 to your productivity, performance and ultimately your profitability. Absence, Attrition and Accidents cost UK business up to £42bn 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. Understanding your purpose is the single most important thing you can define.

### WHO NEEDS THIS KEYNOTE?

- Organisations looking to transform performance, lower employee turnover, increase customer satisfaction, increase in profitability or become an employer of choice.
- People not coping well with etc stresses and pressures of life and work.
- People looking to increase their mental toughness to live happier and more fulfilled life.

### WHAT WILL DELEGATES LEARN?

- Delegates will re-connect with their vision, passion and purpose in life
- Delegates will learn how increasing optimism, confidence, resilience, character, grit and attitude will create a happier, fulfilled life.
- Delegates will be able to identify what areas of the business Mental Resilience can and should be built in as part of their organisation design and compliment their people strategy to drive improved performance and success, resulting in ROI.
- Delegates will discover how to transform personal and business performance by improving wellbeing for themselves and others

### FOLLOW UP ACTIVITY

Penny Mallory and her team deliver personal and organisational neuro transformation to assess, develop and sustain resilient performance and wellbeing through applied neuroscience based diagnostic tools, neuro coaching and development interventions.

## **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.*

**[www.pennymallory.co.uk](http://www.pennymallory.co.uk)**