



# PENNY MALLORY: Talks

## Mental Toughness

### 45 Minute keynote

Your Mental Toughness is your ability to manage and deal with the stress, pressure, change and setbacks of life. If you can manage these things well, you'll be more relaxed and likely to be more successful. Developing resilience, focus, confidence and determination will transform performance, and means people are better able to manage the stresses and strains, heavy loads, crazy deadlines and sudden setbacks we all inevitably face.

The wellbeing and mental health of you and your people is vital; absence, attrition and accidents cost UK business over £20m every year.

Penny Mallory delivers an entertaining, interactive, challenging and transformational insight into how and why you can't afford to ignore the Mental Toughness of your people and your organisation. She will tell her own story of how she built her Mental Toughness, she'll show how we can all build our mental toughness and will challenge the delegates to complete tasks that will immediately develop their confidence, focus, determination and resilience.

### Who needs this keynote?

Organisations whose people are under extreme pressure, facing daunting deadlines, who want to transform human performance.

Companies looking to lower employee turnover, increase customer satisfaction, increase profitability.

Organisations whose people are not coping well with the stresses and pressures of life and work, and are passionate about ensuring their employees' wellbeing.

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 approach to life

Delegates will be given tasks to immediately increase their mental toughness

Delegates will discover how to transform personal and business performance by improving wellbeing for themselves and others.



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## Follow up activity

Organisations choose to follow up with Penny and her team to deliver personal and professional transformation to access, develop and sustain resilient performance and wellbeing through applied neuroscience-based diagnostic tools, neuro coaching and development interventions.

*Follow up activities include:*

Workshops, Mental Toughness assessments and feedback, Mental Toughness Team Challenge, Leadership Roundtables, Coaching for individuals and teams.

## Penny Mallory

As a leading authority on Mental Toughness, Penny Mallory is one of the UK's top female motivational speakers, drawing from her years of experience in Motorsport as a Rally Driver, TV Presenter and Performance Coach. Against all the odds Penny transformed her life from a runaway homeless teenager to become the first (and remains the only) woman in the world to compete in a World Rally Car, for the Ford Motor Company.

Penny is living proof that building and developing Mental Toughness are vital if you are to thrive in this world. Not only has she competed in the World Rally Championship, she has run multiple marathons, climbed the world's highest summits, and fought in two boxing matches, amongst many other things!

Penny is a Qualified Psychological Performance Coach, Mental Toughness expert and Master practitioner in CBT.