

Ben Ryan

Former Head Coach of Fiji 7's Rugby, Founder of Sleepandwater

Ben Ryan brings the kind of A-game and stage presence event organisers crave. His insights into the mindful development of people, open communication, and how to create positive cultures are truly legendary. He shares with companies world-wide the most effective ways to channel motivation and unlock peak performance within teams.

Ben's extraordinary experience coaching the Fiji Rugby 7s team to their gold medal at the Rio Olympics provides rich learnings with stories and messages that are applicable to any organisation or team. In his keynotes, Ben highlights essential factors for establishing and sustaining the right environments that cultivate success and true engagement, including the critical need to collaboratively align values and vision with consistent communication. He discusses the importance of adaptive leadership, agile responsiveness and effective ways to build trust. In order to thrive in today's competitive world, leaders must be able to mobilise all their resources and utilise the techniques that bring out the very best from every team member. As author of the bestseller *Sevens Heaven: The beautiful chaos of Fiji's Olympic dream*, Ben shares this amazing journey and authentic insights for developing empowered teams. Ben's methods help companies and audiences to maximise performance both personally and in business, resulting in even more meaningful outcomes - and a great big dose of passion along the way.