Joe Wicks

Fitness Coach, Bestselling Author, and Founder of The Body Coach

The Power of Fitness: Transforming Your Mind & Body Joe explores how exercise and healthy habits can boost mental wellbeing, build confidence and transform lives, inspiring audiences to make positive, lasting changes.

From Personal Trainer to Global Brand: My Entrepreneurial Journey Sharing his journey from fitness coach to founder of The Body Coach, Joe reveals the challenges, lessons and determination behind building a globally recognised fitness empire.

Building Resilience: The Power of a Positive Mindset Drawing on his personal experiences, Joe explores how motivation, consistency and a resilient mindset can help overcome challenges, achieve goals and unlock your full potential.

Healthy Habits, Happier Lives: Making Wellbeing Accessible to All Joe shares practical insights into creating sustainable fitness and nutrition habits, demonstrating how small, everyday changes can lead to a healthier, happier and more productive life.