

John Amaechi

Organisational Psychologist and Founder of APS Intelligence

Leadership and High-Performance Mindset John Amaechi explores what it takes to build and sustain high performance, drawing on his experience in elite sport and organisational psychology to help leaders and teams perform under pressure.

Inclusive Leadership and Workplace Culture John speaks about creating environments where people feel safe, valued, and able to contribute fully, challenging leaders to move beyond performative inclusion toward meaningful cultural change.

Psychological Safety and Effective Teams He shares insights into how trust, accountability, and psychological safety drive stronger team performance, and why leadership behaviour is central to building resilient organisations.

Resilience, Identity, and Personal Growth John discusses overcoming barriers, embracing authenticity, and developing resilience, offering practical tools for individuals and organisations to support long-term personal and professional growth.