

Penny Mallory

First woman to compete in a World Rally Car

Mentally Toughness The one thing that changes everything 45-60 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 every day. Penny will challenge the audience to complete tasks that will immediately develop their confidence, focus, determination and resilience.