

# Sean Fitzpatrick

New Zealand Former Rugby Union Player

**Leadership Under Pressure** Lessons from captaining world-class teams and making critical decisions in high-stakes environments.

**Building High-Performance Teams** How trust, accountability, and shared purpose create sustained success.

**Resilience and Consistency** Strategies for maintaining peak performance through challenges, setbacks, and change.

**Winning Culture** The key ingredients behind creating a mindset and environment where individuals and teams can thrive.