

PENNY MALLORY

Mental Toughness: The One Thing That Changes Everything

Penny helps people to manage the stress, pressure, heavy workloads and relentless deadlines they face. She is a UK Leading Authority on Mental Toughness. Drawing from her own extraordinary experiences, Penny shares her Mental Toughness formula to help organisations and individuals to cultivate confidence, resilience, commitment, determination and focus.

Mental Toughness is a personality trait that everyone can develop. With Mental Toughness you have increased resilience, confidence, focus, determination and commitment. This enables you to manage stress and pressure, take challenges in your stride, and quickly bounce back from setbacks.

Mental Toughness is the foundation of a persons' ability to perform well in life. It's the one thing that will change everything.

Penny Mallory delivers an entertaining, interactive, challenging and transformational insight into how you can develop Mental Toughness, and why it is so vital to your success. She shares her own story of how she built her Mental Toughness, and will challenge the audience to complete tasks that will immediately develop their confidence, focus, determination and resilience.

Who needs this keynote?

- People who are under extreme pressure, facing daunting deadlines, who have to keep on delivering, regardless.
- Organisations whose people are not coping well with the stresses and pressures of life and work, and are passionate about ensuring their employees' wellbeing
- People looking to develop a mindset of success and develop their Mental Toughness to live a happier and more fulfilled life
- Organisations looking to lower employee turnover, increase customer satisfaction, increase profitability

What will the audience learn?

- They will reconnect with their vision, passion and purpose of life
- They will learn how to increase optimism, confidence, resilience, character, grit and approach to life
- They will be given tasks to immediately increase their mental toughness
- They will discover how to transform personal and business performance by improving wellbeing for themselves and others.

Follow up activity

Organisations choose to follow up with Penny and her team to deliver personal and professional transformation to access, develop and sustain resilient performance and wellbeing through Workshops, Coaching and Mastermind Groups.

More about Penny Mallory

In today's ever more competitive environment where only the best will do, Penny Mallory has perfected the art of Psychologically Powered Performance to bring out the very best in people. No secret sauce or overused buzzwords, for championship teams (including F1) to top organisations, from individuals and workshops to International audiences, her engagingly authentic but wildly entertaining vision of optimised performance and positive change sets her apart.

Penny defied the odds by achieving her childhood ambition of becoming a Champion Rally Driver.

She surpassed that dream by becoming the first woman to compete in a World Rally Car for Ford in the prestigious World Rally Championship. Remarkably, she remains the only woman to accomplish this. Her journey is even more remarkable given her tumultuous past as a teenage runaway, enduring 3 years of homelessness in London. Penny attributes her success to her Mental Toughness.

As a child she saw alcoholism and mental illness destroy her family. Fleeing home at 14, homeless and fending for herself in London's homeless hostels, her life couldn't have been more dangerous or bleak, yet an inner strength and self-belief enabled her to take control of her future. She made impossible possible and has since dedicated her life to helping others do the same.

It is these experiences that have made her keynotes acclaimed international favourites for many of the world's most powerful and storied brands, including Microsoft, Google Cloud, Santander, Coca-Cola, Nat West, Waitrose, Tesco, Telefonica, RoadChef, Sony, CitiBank, HPI, Jaguar, Proctor & Gamble, Airbus and many more.

Her life is a continuing series of doing what conventional thinking says she simply can't – from Rally Driving at the highest level, competing in multiple marathons, enter the boxing ring twice, conquering two of the world's highest mountains...and now she is preparing to row the Atlantic Ocean. Little wonder that her interactive keynotes inspire taking action, and to believe you can - because you can.

Penny is a TEDX speaker, author of '365 Ways to Develop Mental Toughness', 'World Class Thinking, World Class Behaviour' and 'Take Control of Your Life'.

For more information and to check Penny's diary and fees, please call Diana Boulter at DBA Speakers on 07554 440537 or email diana@dbaspeakers.com