



45 Minute keynote

Is it time to turn the ambition that dwells in your head, into a real genuine achievement? What would it take to do that, and where would you start? Penny Mallory and her team have worked inside and alongside world-class teams (including F1) within industry and business for decades. Having competed herself at World Championship level, Penny knows, first-hand the mindset required to take ambition through to achievement.

Who needs this keynote?

- Organisations looking to transform performance, lower employee turnover, increase customer satisfaction, increase profitability and become an employer of choice.
- Organisations looking to understand neuroscience bending goal setting, and why we respond so well to setting goals
- Organisations looking to identify how they can set and achieve stretch goals that previously felt out of reach
- People under performing due to lack of self-belief
- People looking to improve their attitude, approach and mindset to live a happier and more fulfilled life.

What will the delegates learn?

- Delegates will reconnect with their vision, passion and purpose of life
- Delegates will learn how to increase optimism, confidence, resilience, character, grit and attitude will create a happier, fulfilled life
- Delegates will be given tangible tools to help equip themselves to increase their confidence
- Delegates will realise they are their own biggest obstacle
- Delegates will redefine their potential with a new resolve to reach their full potential
- Delegates will discover how to transform personal and business performance by improving their level of self-belief.



PENNY MALLORY: Talks

Ambition to Achievement

Expecting extraordinary results from a life in the middle of the road is a path to mediocrity. Ironically, seeking balance in everything short-changes everything. Extraordinary results require our time and energy focused on what matters most, to make the impossible possible.

Playing it safe and refusing to leave your comfort zone may be a recipe for failure, but risk is scary. Champions learn to open their minds to possibilities, managing risk and leveraging it to their advantage. There is no loss; you'll succeed or learn from it, and both are big wins.

Learn how to take your team higher, faster and keep them there. At the heart of every great team is a leader with the vision and skills that see beyond 'Me' to 'We'. That leader learned how to inspire teammates to believe in themselves, put the team first and aspire to excellence.

Penny Mallory delivers an interactive, challenging and transformational insight into how you can turn your ambition into achievement today.

Follow up activity

Many organisations choose to follow up with Penny and her team to deliver personal and organisational neuro transformation, to access, develop and sustain resilient performance and wellbeing through applied neuroscience based diagnostic tools, neuro coaching and development interventions. Please refer to the Mental Toughness Program for further information on these services.

Penny Mallory

Penny Mallory is an International Keynote Speaker who draws on her experiences as a homeless teenager who fulfilled her impossible dream of becoming a Champion Rally Driver. Against all the odds, Penny became the first (and remains the only) woman in the world to compete in a World Rally Car, for the Ford Rally Team.

She is an expert in Mental Performance. Not only has she competed in the World Rally Championship, she has run multiple marathons, climbed the worlds highest summits, and fought in two boxing matches, amongst other things!

Penny is a Psychological Performance Coach who works within Sport and Business to improve performance and results, and create World Class Teams.