

PIERRE DU PLESSIS

ANCIENT WISDOM. MODERN CHALLENGES

BIO

Pierre cares deeply about human development, people becoming better people so that they can create and build things that truly matter.

Pierre is schooled in ancient practices and texts, and understands how to leverage ancient wisdom in order to solve modern business challenges.

He is the founder of Palaestra, a community of practice. He leads a contemplative community with a strong focus on meditation, retreats, and inner work in Cape Town. He is an award winning author, having received the Desmond Tutu, Gerrit Brand prize for literature.

He speaks to audiences around the world on how to use age old truths to solve today's problems. He has been featured regularly on TEDx stages, and his speaking clients include BMW, KFC, Adcock Ingram, Alan Gray, LASIK, and many others.

He believes he is the love child of Getrude Stein and Jason Bourne and lives in Cape Town, South Africa with his wife, two kids and his iPhone.

TALKS

These talks and how to session pull from the vast well of ancient texts, wisdom and practices. When something has been circulating around for hundreds or even thousands of years it has built-in authority. Books have outlasted empires and is stronger, and more resilient than the strongest fortress.

I mix these with modern innovation, using them as a lever to solve modern challenges like constant, exponential change, human development and behavior, and even innovation.

What do the ancients have to say to the 21st century?

Quite a bit.

HOW TO SESSIONS

Humankind has long since known the benefits of designing a regula for daily life (a rhythm of practices) that supports our development. These sessions, in-person or online, are designed to teach you and your team basic practices to deal with stress and anxiety, develop focus and concentration, guide decision making and strategy, and just to become all round happier, healthier humans.

Web: www.thisspierreduplessis.com

Social media: @pierreduplessis

RATES:

KEYNOTE

In person 38 500 (excl travel and accommodation)

Online 27 000

HOW TO SESSION (30 MIN)

In Person 30 000 (excl travel and accommodation)

Online 20 000