

Your ability to lead yourself and others through situations of stress and pressure has never been more important.

Our speaker today has worked with global executives, entrepreneurs, elite military and pro athletes to help them transform resilience, leadership and performance.

He has spoken to thousands of people in audiences around the world at organisations like Google, Rio Tinto, Ernst and Young, Australian Institute of Sport and many more.

He draws on the decades of the science of Psychological Flexibility as well as his experiences as an Olympian (Athens 2004, Water Polo) and award winning entrepreneur and author.

He's married to Lucy and father of Beatrix, Heidi and Zoe.

Please welcome, Toby Jenkins.