



Pete Cohen

Business Consultant and Best Selling Author



CSA CELEBRITY SPEAKERS

Drawing on his talent as a life strategist, human behaviourist, health and fitness professional, motivational speaker, business consultant and best selling author, Pete has not only established himself firmly as one of the top names in the personal development field, but also fast becoming a top name in broadcasting and publishing. As GMTV resident Life Coach and motivator for the past 4 years as well as other shows such as BBC's Confidence Lab, Pete has become a leading personality on screen with his enthusiasm, sense of humour and compassion.

"My philosophy is to help you to break free from the behaviours that prevent you leading the life you want to live."

In detail

In addition to his TV work, Pete is the peak performance coach to numerous world-class sports people, Ian Flanagan, Sally Gunnell and the Arsenal Football team. Pete most recently undertook a one-on-one programme with World Snooker Champion Ronnie O'Sullivan helping him reach his second World title in 2004.

What he offers you

Pete demonstrates his incredible understanding of people and the limitations they have which prevent them from living more productive and happy lives. His fun motivational techniques and strategies are used in a way to help people control their own well being and realise their full potential.

How he presents

Pete is able to make Life Coaching visual and tangible, his techniques are inspirational and fun and his ability to apply them to any issue and situation in need of addressing makes watching Pete work addictive and exciting.

Topics

The Art of Winning
Getting the Balance Right
Coping with Change
Maximise Your Motivation
Loving Your Works
Keeping Your Customer Happy
Defining the Happiness Formula

Languages

He presents in English.

Want to know more?

Give us a call or send us an e-mail to find out exactly what he could bring to your event.

How to book him?

Simply phone, fax or e-mail us.



[watch video](#)

Publications

2009

Sort Your Life Out!

2004

Life DIY

2003

Habit Busting Stop Smoking Fear Busting

2002

Habit Busting (with Sten Cummins)

2001

Lighten Up (with Judith Verity)