



## Glenn Mead

Face Value Performance Psychology



CSA Celebrity Speakers Ltd

Glenn Mead, Director of Face Value Performance Psychology, specialises in helping teams and individuals to make better decisions by putting things into perspective. Glenn worked closely with Professor Steve Peters on 'The Chimp Paradox' a best-selling self-development book that was much acclaimed within the industry.

**"An accomplished psychological mentor"**

### In detail

Glenn has years of operational management experience. He has Masters degrees in Occupational Psychology and Business Administration, and a Level 7 Diploma in Executive Coaching. After 9 years' service as a commissioned officer in the British Army, Glenn held operational management roles with Ernst & Young and Accenture, as well as organisational psychology consultancies, specialising in transformational leadership. Glenn helps people understand how the way they think, feel and behave influences the choices they make. More specifically, he helps them achieve self-control by employing techniques of psychological distancing to reduce emotional reactivity and their related physiological sensations, at the same time as increasing physical endurance and resistance to distraction and temptation.

### What he offers you

Glenn both designs and delivers talks and workshops for groups ranging in size from start-up teams to multinational corporations, as well as conducting 1:1 and group executive coaching sessions at all levels for clients from a wide range of industry sectors.

### How he presents

Glenn's depth of experience makes him one of the most sought after motivational speakers within his field.

### Topics

How to Create High Performance Teams  
Leading Virtual Teams in a Digital World  
Maintaining Peak Performance  
Developing Mental Toughness at a Time of Change

### 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 or e-mail us.



[watch video](#)