



Pete Cohen

Business Consultant and Best Selling Author



CSA Celebrity Speakers Ltd

Pete Cohen has not only established himself firmly as one of the top names in the personal development field, but also is becoming a top name in broadcasting and publishing. He has presented his own show on TV called The Coach and was the resident Life Coach on GMTV for 12 years.

"Fear is the biggest thing stopping people from doing what they want. It's natural. But you are never too old to change."

In detail

Pete is the author of 18 published books, several of which have been best-sellers across the world, including 'Shut the Duck Up', 'Habit Busting', 'Life DIY' and 'Sort Your Life Out'. Pete's background is in psychology and sports science. He specialises in taking self-help and personal development to the masses in a way that is easy for people to understand and apply. Working in sports performance coaching, Pete has helped world class sporting stars and teams reach their peak performance, including Sally Gunnell, Ronnie O'Sullivan, Ellen MacArthur, Roger Black, the Kent Cricket Team and the Arsenal Football team.

What he offers you

Pete has professionally impacted on the lives of thousands of people worldwide, including business executives, professional athletes and the everyday person. Pete focuses on the importance of having a strong belief in you. He teaches that you need to be positive and have to develop self-confidence to achieve your potential and be successful.

How he presents

Pete excels at keynote presentations and inspires his audiences to think outside the box, believe in themselves and get motivated to take positive actions. Pete's interactive style is fun, thought provoking and leaves a lasting impression.

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 or e-mail us.



[watch video](#)

Publications

2016

Why Am I Not Losing Weight? Conversations with the Experts

2015

Shut the Duck Up! (With Bobby Cappuccio)

2009

Sort Your Life Out!

2004

Life DIY

2003

Habit Busting Stop Smoking

Fear Busting

2002

Habit Busting (with Sten Cummins)