

Damian Hughes

Sports Psychologist and Founder of LiquidThinker

"An acclaimed expert on winning culture"

Professor Damian Hughes is the Founder of LiquidThinker, a change management catalyst and Professor of Organisational Psychology and Change at Manchester Metropolitan University. With a strong background of sports, organisation and change psychology to his name, he was also made a member of the coaching team for the Scotland Rugby Union and Canberra Rangers.

TOPICS:

- Discover the Secrets to Surviving Change
- How to Become a Change Catalyst
- Become a LiquidThinker
- Change your Thinking and Make Things Happen
- Liquid Leaders - Inspire and Motivate others to Become Great Achievers

LANGUAGES:

He presents in English.

PUBLICATIONS:

2023	High Performance
2023	How to Change Your Life
2023	Podcast: The High-Performance
2018	The Barcelona Way
2017	The Five Steps to a Winning Mindset: What Sport Can Teach us About Great Leadership
2016	Marvelous: The Marvin Hagler Story
2015	How to Think Like Sir Alex Ferguson
2013	How to Change Absolutely Anything

IN DETAIL:

Damian founded LiquidThinker in 2006, the professional advisory company offers leadership and change management tips through workshops and motivational speeches to businesses all over the UK. With people including Richard Branson, Muhammad Ali and Tiger Woods supporting the prospects of the idea, LiquidThinker has established itself as a highly regarded change psychology consultancy. Previously, he was an HR Director at Unilever, leading a performance turnaround at Unilever's oldest manufacturing site. Damian is the co-host of The High-Performance Podcast, an acclaimed series of interviews with elite performers from business, sport and the arts, exploring the psychology behind sustained high performance.

WHAT HE OFFERS YOU:

Damian takes the psychological methods used by great achievers to show, in easy steps, how you can adopt them into your own life and business to enjoy similar success. He has been able to identify values, behaviours and techniques that are transferable to the world of business.

HOW HE PRESENTS:

Damian inspires audiences with his down to earth approach, fabulous stories and really challenges people's thinking on what effective communication really is.