



# High Performance

Hosts of the High Performance Podcast

*"It's the journey not the destination"*

Jake Humphrey, one of Britain's best-respected sports broadcasters, and Professor Damian Hughes, psychologist are the creators behind one of the breakout hits The High-Performance Podcast.

## TOPICS:

- High Performance Lessons
- The Power of Storytelling
- Emotional Intelligence
- How to Create a High- Performance Culture
- Mindset
- Teamwork

## LANGUAGES:

They present in English.

## PUBLICATIONS:

- 2023** How To Change Your Life
- 2023** High Performance: Lessons from the Best on Becoming Your Best
- 2023** Podcast: High Performance
- 2022** High Performance: The Daily Journal

## IN DETAIL:

Jake was the anchor for Premier League & Champion League football for BT Sport's as well as BBC's Formula One coverage. Damian continues to work with leading sports organisations and teams to create a high performing culture. The High-Performance Podcast Live tour is a truly unique and interactive event. The podcast draws upon their interviews from the likes Hollywood Actor Matthew McConaughey, England Football Manager Gareth Southgate, Entrepreneur Jo Malone, Rugby World Cup Winner Jonny Wilkinson and many more. Since its launch in March 2020, The High-Performance Podcast has had over 100 million downloads in over 50 countries and has been encapsulated in book High Performance, "Lessons from the Best on Becoming Your Best".

## WHAT THEY OFFERS YOU:

Examining the psychology behind elite performance, Jake and Damian's presentations take audiences inside the mind of champions, exploring the stories, secrets and strategies behind the world's most remarkable athletes, coaches and entrepreneurs to excel and teach you how to do the same.

## HOW THEY PRESENTS:

Jake and Damian lead a corporate version of the podcast, available only to organisations, which will see members of the leadership team focus on your business's deep-rooted values and discover your business leader's non-negotiable behaviours.