

Katie Mobed

Performance Psyhologist

"One of the UK's most sought-after Performance Psychologists"

Katie Mobed is a leading performance psychologist and culture coach. Her clients include CEOs, Olympic champions, international sports teams and educational leaders. She helps people train the mindset skills and practices essential to thriving under pressure.

TOPICS:

- How to Win Deep
- There's No One Way to a Gold Medal
- A Deep Belief in Human Potential
- Peak Performance Strategies
- Team Dynamics

LANGUAGES:

She presents in English.

PUBLICATIONS:

2022 The Marcus Rashford You Are a Champion Action Planner

2021 You Are a Champion: How to Be the Best You Can Be

IN DETAIL:

Katie has been embedded within Team GB for the last decade, supporting many of their most successful athletes and coaches at the London 2012, Rio 2016 and Tokyo 2020 Olympic Games. She has been working behind the scenes and on the big stage with some of the world's best athletes, leaders and organisations. She also coaches global business leaders to enhance performance and help people thrive. Katie has co-authored two books with the England footballer, Marcus Rashford, including the best-seller *'You are a Champion'*. She also runs a series of transformational psychological skills courses for young people through the Moonshot Series.

WHAT SHE OFFERS YOU:

As a leading performance psychologist and culture coach, Katie Mobed explores how we can all take steps to maximise our personal potential and become the best we can be. She invites audiences to think more deeply about who they want to be, not "just" what they want to achieve.

HOW SHE PRESENTS:

Audiences leave with actionable takeaways and a renewed sense of empowerment. Whether in the sports arena, corporate boardroom, or educational setting, Katie's guidance has a lasting impact on individuals and teams striving for excellence.