

Keith Antoine

Olympic and Performance Coach

"He has the ability to change people's mindset"

Keith Antoine is a performance coach working in both business and sport. He divides his time between enhancing the performance management / people development skills of business leaders and preparing another batch of athletes for the challenges beyond Rio and into the Tokyo Paralympics.

TOPICS:

- Staying Solid in a Fluid World - Strategies and Mindsets That Sustain You When the Accepted Norms Melt Away
- Building Resilience - How to Avoid Being Changed by the Change
- Leadership; Leading in the 2020's - The Essential Skills for the 21st Century Leader

LANGUAGES:

He presents in English.

PUBLICATIONS:

2004 Working Together in 90 Minutes

IN DETAIL:

Keith's keynote style is very distinctive. He uses his coaching skills to generate real thought in each audience member. His interventions are motivational not through sporting anecdote alone, but through causing each person to evaluate issues, see the personal relevance and thereby choose to take action. He has combined his business and project management experience with his athletics performance knowledge to mastermind the track success of two-time Paralympic gold medallist Richard Whitehead in London and Rio. Keith uses the same principles within organisations to help individuals and teams elevate their performance by achieving their own outstanding personal bests. Over 20 years of business and elite athletics experience, combined with a natural gift to entertain, a keynote from Keith is an experience not to be missed.

WHAT HE OFFERS YOU:

Keith offers the opportunity to truly engage your audience. Rather than presenting to them, he will talk with them to explore your chosen issues. This enables people to understand what really matters, generating a greater willingness to make the necessary changes which adds true and ongoing value to enhance your organisational performance.

HOW HE PRESENTS:

Keith starts from your briefing then creates the unique mix of content that will support your meeting outcomes. He has a practical style which is engaging and interactive, thought provoking and humorous.