Paul McVeigh

Former Professional Footballer & Peak Performance Mind Coach

"What can the business world learn from a "stupid footballer"? Potentially quite a lot!"

Paul McVeigh has been an elite performer in two of the most competitive industries on the planet for over 25 years; elite sport and performance psychology. As a Premier League and International football player, Paul competed with and against the best players in the world on a daily basis.

TOPICS:

- 4 x Es: Engage, Educate, Embed and Empower
- Psychology of Performance
- Psychology of Leadership
- Psychology of Teamwork

LANGUAGES:

He presents in English.

PUBLICATIONS:

2013 The Stupid Footballer is Dead

IN DETAIL:

During his time as a footballer, this shaped his understanding of the methodology of high performance. As a world-renowned expert in elite performance, Paul's credibility comes from the unique combination of reaching the pinnacle of elite sport as well as being the first Premier League footballer to qualify with a master's degree in psychology. Paul specialises in implementing the mental tools required to elevate the performance of leaders and teams from organisations across the world. Paul shares his psychological framework from growing up in war torn Belfast, Ireland alongside the strategies he implemented performing under the intense scrutiny of 75,000 fans across the world.

WHAT HE OFFERS YOU:

The insights that Paul shares are even more applicable today in our remote and virtual workplaces, which help empower individual to understand that our mindset and thinking habits unlock the required behaviours that are necessary for elite performance.

HOW HE PRESENTS:

Paul's presentation style is warm and engaging. He presents in a variety of ways. From keynotes to a 2 hour mental performance masterclass.