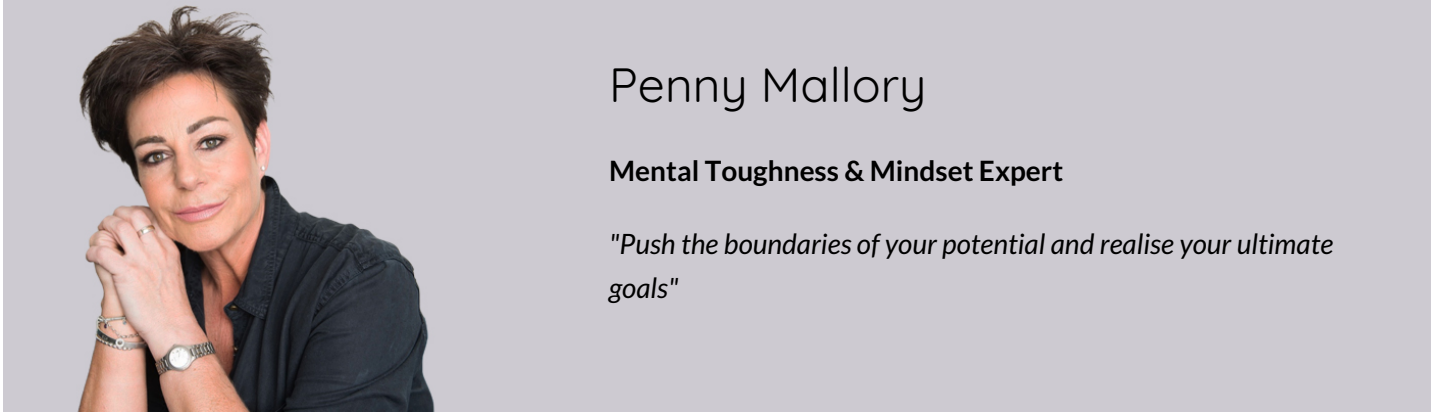


Penny Mallory

Mental Toughness & Mindset Expert

"Push the boundaries of your potential and realise your ultimate goals"

Penny Mallory is one of the UK's top female motivational speakers, drawing her experience from her years in Motorsport as a Rally Driver, and as a Performance Coach within various sectors. Penny is living proof that building Resilience and Mental Toughness are vital if you are to thrive in this world.

TOPICS:

- World Class Thinking
- Enlightened Leadership
- Creating Confidence
- Mental Toughness
- Resilience and Results
- Ambition to Achievement
- Corporate Wellbeing

LANGUAGES:

She presents in English.

PUBLICATIONS:

2022	365 Ways to Develop Mental Toughness
2018	World Class Thinking; World Class Behaviour
2010	Take Control of Your Life

IN DETAIL:

In today's ever more competitive environment where only the best will do, Penny Mallory has perfected the art of Psychologically Powered Performance to bring out the very best in us. No secret sauce or overused buzzwords, for championship teams (including F1) to top organisations, from individuals and workshops to international audiences, her engagingly authentic but wildly entertaining vision of optimised performance and positive change sets her apart. Her life is a continuing series of doing what conventional thinking says she simply can't, from competing in three marathons on three consecutive days to hell runners and triathlons; finding the courage to enter the boxing ring twice and the physical resolve to conquer two of the world's highest mountains.

WHAT SHE OFFERS YOU:

Penny's expert understanding of how our thinking affects our behaviour is brought together in her inspirational Keynotes. Increasing resilience, focus, confidence and attitude transforms performance and profitability. With increased Mental Toughness we can learn to manage the stress and pressures we all face, every day. When we do those things, our performance, productivity and happiness all rise.

HOW SHE PRESENTS:

Penny's passion is seeing a transformation in people – to inspire them to be the best they can be. She motivates her audience to ACTION!