



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, World Class Behaviour: Building and Developing a Team for World Class Performance
- Mental Toughness
- Communicate with Impact: How to Ignite, Influence and Inspire the People Around you
- Discover your own Winning Mind-set
- Take Control of your Life: 9 'Special Stages' to Success
- Workshops

LANGUAGES:

She presents in English.

PUBLICATIONS:

- 2018** World Class Thinking; World Class Behaviour
- 2010** Take Control of Your Life

IN DETAIL:

Penny has worked inside and alongside many world class teams (including F1), and with individuals across many sectors, to improve team performance and results. Penny is also a Performance Coach and consults with large organisations, world class teams (including Formula 1) and individuals on their attitude, approach and mental performance. Penny also hosts workshops focusing on mental approach, team work, communication and performance. s the only woman in the world to compete in a World Rally Car for the Ford Rally Team, achieving the impossible comes naturally to Penny whose accolades include being a mountaineer, boxer, marathon runner and descendant of the first person to scale Mount Everest; she is the ultimate Executive Life Performance Coach.

WHAT SHE OFFERS YOU:

Penny's expert understanding of how our thinking affects our behaviour is brought together in her inspirational Keynotes. Penny makes it real, accessible, and inspires life-changing and sustainable results. The Mentally Tough prosper and succeed in today's fast pace of change and innovation. 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!