

Pete Cohen

Business Consultant and Best Selling Author

"Fear is the biggest thing stopping people from doing what they want. It's natural. But you are never too old to change"

Pete Cohen has not only established himself firmly as one of the top names in the personal development field, but also is becoming a top name in broadcasting and publishing. He has presented his own show on TV called *The Coach* and was the resident Life Coach on GMTV for 12 years.

TOPICS:

- The Art of Winning
- Getting the Balance Right
- Coping with Change
- Maximise Your Motivation
- Loving Your Works
- Keeping Your Customer Happy
- Defining the Happiness Formula

LANGUAGES:

He presents in English.

PUBLICATIONS:

2016	Why Am I Not Losing Weight? Conversations with the Experts
2015	Shut the Duck Up! (With Bobby Cappuccio)
2009	Sort Your Life Out!
2004	Life DIY
2003	Habit Busting Stop Smoking
	Fear Busting
2002	Habit Busting (with Sten Cummins)

IN DETAIL:

Pete is the author of 18 published books, several of which have been best-sellers across the world, including *'Shut the Duck Up'*, *'Habit Busting*, *'Life DIY'* and *'Sort Your Life Out'*. Pete's background is in psychology and sports science. He specialises in taking self-help and personal development to the masses in a way that is easy for people to understand and apply. Working in sports performance coaching, Pete has helped world class sporting stars and teams reach their peak performance, including Sally Gunnell, Ronnie O'Sullivan, Ellen MacArthur, Roger Black, the Kent Cricket Team and the Arsenal Football team.

WHAT HE OFFERS YOU:

Pete has professionally impacted on the lives of thousands of people worldwide, including business executives, professional athletes and the everyday person. Pete focuses on the importance of having a strong belief in you. He teaches that you need to be positive and have to develop self-confidence to achieve your potential and be successful.

HOW HE PRESENTS:

Pete excels at keynote presentations and inspires his audiences to think outside the box, believe in themselves and get motivated to take positive actions. Pete's interactive style is fun, thought provoking and leaves a lasting impression.

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