



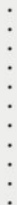
## CHALLENGE

## YOUR THINKING

Tony Wilson, MBA, BSc., has a passion for Human Performance. He has spent his entire working life helping organisations, teams and individuals perform at their best.

LET'S TALK

# KEYNOTE SPEAKING



Performance Lab founder, Tony Wilson, delivers keynotes aimed at **challenging the way we currently think about Leadership and Performance in the 21st Century.** Tony's focus on the science of high performance provides a fascinating look at what makes us, and our people, do their best work.

### These are Tony's most popular keynote presentations

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### Next level Performance

There is a new definition of performance. We need to keep challenging ourselves and operating at full intensity without burning out.



### Winning Mindset

In the current environment we need to constantly challenge what we do, but more importantly, we need to challenge the way we think.



### Building teams that Thrive

To help teams do their best work, managers need to create an environment of clarity and ownership and keep people engaged and passionate about their work.



### Next level Leadership

We expect more from our people and they expect more from their leaders. Here's what the science tells us is most effective.



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## Here are some of the areas Tony covers



### Next level Performance

In the new economy, there is a new definition of performance. We need to consistently do our best thinking and perform at our best mentally. We can't keep doing the same things we did last year and expect to be more successful. But how do we continually operate at full intensity without burning out?

This session shows how we are actually wired NOT to do our best work in today's environment and how our current way of working is at odds with what the science tells us would be most effective.

Through some entertaining thought experiments and fascinating presentation of performance science, participants will leave with strategies to get into the Performance Zone more often and stay there for longer - helping them do their best thinking and perform at their full potential every hour of every day

- High Performance & Productivity
- High Performance Teams
- Leading for High Performance
- Building Culture
- Work Life Balance
- Managing Ourselves & Managing Others
- Understanding & Changing Behaviour



### Building teams that Thrive

To help people and teams do their best work, managers need to create an environment of clarity and ownership and keep people engaged and passionate about their work.

In this talk, Tony shows how our current thinking is completely at odds with what the science tells us. He shows us the secret to building teams that really care about themselves, others and their performance.

Using performance science, he explain how we create the environment for people to thrive, and to build ownership, clarity and constant improvement.



### Winning Mindset

To succeed in a tough market, we can't continue to do the same things. We need to constantly challenge ourselves to operate at full intensity - to be the best versions of ourselves. If we want to thrive in the current environment, we need to change what we do, but maybe more importantly, we need to change the way we think.

Tony presents some of the tools that high performers use to keep that winning mindset, and constantly push the boundaries of high performance - in and out of the workplace.



### Next level Leadership

Right now is the most challenging time to be managing people. We expect more from our people, and in turn, they expect more from their leaders. There are a lot of theories about managing people, but what does the science tell us is most effective?

Keeping people productive, motivated and living up to their potential is more important than ever. In this talk, Tony shows leaders how to build the environment for their people to thrive, in a world where performance under pressure is what really counts, and where virtual offices are the norm.

## What Audiences are Saying

"I couldn't think of a better way to start the Morning!"

"Tony was very effective in communicating a complex topic in a way that's easily digestible. His message struck cord with me"

"Amazing! Loved it! Great Speaker – Nice Balance of humour and insight"

"Very Compelling lessons on high performance in all aspects of work and life. Tony was so interesting and left me wanting more"

"Easily the highlight of our conference. Great lessons, great entertainment. Could have listened for hours!"



**PERFORMANCE LAB**  
performance re-wired