

Wellbeing



Thursday 23rd November -	Session Summary
<p data-bbox="371 1193 576 1227">09:30 - 10:15</p> <p data-bbox="217 1238 743 1317">Motivational Keynote Speaker Penny Mallory- Mental Toughness</p>	<p data-bbox="855 819 1377 981">Build a more committed, focused team that can deliver under extreme pressure, and meet ambitious deadlines</p> <p data-bbox="828 999 1406 1514">Penny's keynotes promote action from her audience. Alongside telling her own inspirational story, she challenges the audience to commit to several tasks (some more pleasant than others) to build their Mental Toughness immediately. That means people can better cope with extreme pressure and stress, meet insane targets and deadlines and build a more productive, successful and happy team.</p> <p data-bbox="828 1525 1406 1686">Penny's keynotes inspire action, and to keep the momentum going this can be followed up with podcasts, coaching and Mental Toughness tips.</p>