



Penny Mallory

mental toughness

KEYNOTE SPEAKER

As a leading authority on Mental Toughness, Penny helps people to manage the stress, pressure, heavy workloads and relentless deadlines they face.

Drawing from her extraordinary experiences, Penny now shares her Mental Toughness formula to help organisations and individuals to cultivate confidence, resilience, commitment, determination, and focus.

Mental Toughness is a personality trait, that can everyone can develop. With Mental Toughness you have increased resilience, confidence, focus, determination and commitment. This enables you to manage stress and pressure, take challenges in your stride, and quickly bounce back from setbacks.

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 people. 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.

Penny defied the odds by achieving her childhood ambition of becoming a Champion Rally Driver. She surpassed that dream by becoming the first woman to compete in a World Rally Car for Ford in the prestigious World Rally Championship. Remarkably, she remains the only woman to accomplish this. Her journey is even more remarkable given her tumultuous past as a teenage runaway, enduring 3 years of homelessness in London. Penny attributes her success to her Mental Toughness.

As a child she saw alcoholism and mental illness destroy her family. Fleeing home at 14, homeless and fending for herself on the London streets, her life couldn't have been more dangerous or bleak, yet an inner strength and self-belief enabled her to take control of her future. She made impossible possible and has since dedicated her life to helping others do the same.

It is these experiences that have made her keynotes acclaimed international favourites for many of the world's most powerful and storied brands, including Microsoft, Google Cloud, Santander, Coca-Cola, Nat West, Waitrose, Tesco, Telefonica, RoadChef, Sony, CitiBank, HPI, Jaguar, Proctor & Gamble, Airbus and many more.

Her life is a continuing series of doing what conventional thinking says she simply can't – from Rally Driving at the highest level, competing in multiple marathons, enter the boxing ring twice, conquering two of the world's highest mountains...and now she is preparing to row the Atlantic Ocean. Little wonder that her interactive keynotes inspire taking action, and to believe you can - because you can.

Penny is a TEDX speaker, author of '365 Ways to Develop Mental Toughness', 'World Class Thinking, World Class Behaviour' and 'Take Control of Your Life'.

If you're looking for a speaker that will ignite enthusiasm, inspire change, deepen commitment and determination, you may have found the right speaker for your event.