

An evidenced-based approach

From Science to Slam

from approach to application

FEEL BETTER. PERFORM BETTER

TALKS WORKSHOPS CONSULTANCY



45-minute keynote

In this insightful and informative talk, Roberto shares the science behind his hugely successful methods. He will take you on a journey from rock bottom to leading the world by examining a three-tier approach: the therapeutic delivery style, the theories, and the application.

Sharing personal experiences from the world of sport, including:

- How the "bad boy" of British judo became a world champion.
- How a tennis star was ready to give up before dominating the world of tennis and
- How a Premier League football team turned their season around against all odds.

This talk will help change your thinking by challenging your limiting beliefs and give you the tools and skills to face life's challenges. The proven and applied strategies will impact you and those around you. It will help you both feel and perform better in life, sports, and business.

WHO NEEDS THIS KEYNOTE?

Organisations that want to transform employee performance and well-being.

Organisations that are passionate about helping employees struggling with life and work stressors.

People who wish to improve their overall life satisfaction and levels of happiness.

Companies who want to improve customer satisfaction, reduce employee turnover, and increase profitability.

The talk is ideal for any leader, team, or individual who wants to know how a practical and proven evidence-based approach can improve productivity and performance while improving overall health and well-being.

WHAT WILL ATTENDEES LEARN?

Attendees will learn to challenge their thinking patterns and habits to improve their self-esteem and overall life satisfaction. They will also learn to improve their confidence, optimism, resilience, and well-being while understanding how we should think, which positively impacts our lives.

The talk shares some of the most influential and proven methods for ensuring the flourishing of organisations and individuals. When it comes to thinking and behaving in ways that enhance, rather than diminish, life satisfaction, well-being, and performance, this talk will share some of the most researched and evidence-based approaches that will improve your life.

FOLLOW-UP ACTIVITY

Organisations often ask to follow up talks with practical workshops and sessions designed to help develop the principles from the talk. This can include workshops, individual consultations, and leadership sessions.

These personal and professional development sessions will help organisations and team members practice the lessons from the talk, leading to an improved and more productive future for organisations and team members.

Roberto is an experienced performance psychologist who has worked extensively with World and Olympic Champions, Premier League teams, The FA and LTA, high-performing international teams, and businesses. He was a psychology lecturer at Brunel University.