

KEYNOTE · 45 MINUTES · ROBERTO FORZONI

The Winning Mind

How elite performers build a mind that wins under pressure, and how your people can too.

Champions and club players make roughly the same number of mistakes. The difference is what happens in the next four seconds. Roberto Forzoni has spent over 30 years studying who performs when it matters and who folds, and turns that science into routines people use on Monday morning. Not motivation. Method.

4 sec
THE RESET THAT SEPARATES CHAMPIONS AFTER A MISTAKE

15+
OLYMPIC, WORLD AND EUROPEAN MEDALS

30+
YEARS INSIDE ELITE SPORT

INSIDE THE KEYNOTE

1. **Pressure is a perception.** Why the same moment feels like a threat to one person and a chance to another, and how to choose.
2. **Attention is the battleground.** Where focus goes under pressure, and how to steer it back to the next ball.
3. **The four seconds.** The reset elite performers use after a mistake, so one error never becomes three.
4. **Confidence is built, not felt.** The evidence-based routine behind real confidence and resilience, not positive thinking.
5. **The small things.** The repeatable daily habits champions keep that everyone else skips.

WHAT THE AUDIENCE LEAVES WITH

A REFRAME
Pressure as an advantage, not a threat

A METHOD
The four-second reset after any setback

A DAILY PRACTICE
The small, repeatable habits that build confidence

IDEAL FOR

Leadership development · Resilience and wellbeing · Sales kick-offs · High-pressure teams · Change and uncertainty · Conference keynotes · After-dinner

Formats: 45-minute keynote · 60 minutes with Q&A · half-day masterclass · virtual · after-dinner

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When performance really matters.

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