

# Tony Wilson

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## *Leadership and Performance Speaker*

Performance Lab founder, Tony Wilson is a motivational speaker who 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.



Originally a performance coach for elite athletes and sporting teams throughout Australia and the USA, Tony combines his degrees in performance science (BSc) and contemporary management theory (MBA) to put a unique slant on high performance in and out of the office. He has worked with some of the world's best performers in sport and business.

He has simple yet impactful messages and techniques to help performance, without burning out.

Tony can not only make an immediate impact on your audience, he can also set you up with diagnostic tools to talk directly to your performance strengths and weaknesses as well as leave you with physical tools to take home and create momentum.

An inspirational speaker with a focus on the science of high performance, Tony Wilson helps team performance by working with leaders around the world to create the environment for their people to thrive, and works with individuals on managing their own performance and productivity.

Tony is highly sought after for keynote presentations, workshops and programs. He is changing the way people work and lead.

## *Tony Wilson Speaks About*

### **Human Performance**

Learn strategies for performing at your peak in the 21st Century

### **Resilience and Balance**

Find work life balance and learn how to deal with adversity

### **Team Performance**

Create the environment for your team members to thrive

## Leadership and Culture

Leading people for high performance

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