

Andrew May

Human Performance Expert

A globally recognised leading speaker on human performance, mindset, and leadership.

Andrew May captivates audiences with his ability to blend science, real-world experience, and practical strategies that can be immediately implemented. His keynotes and masterclasses are designed to inspire, engage, and transform individuals and entire organisations.

With over two decades of experience working with CEOs, senior executives, entrepreneurs, the military, sporting teams and elite athletes, Andrew understands what drives high performers.

His insights help people navigate the fine line between pushing the body's physical and psychological resources to stretch and not snap, to bend and not break.

As CEO of Performance Intelligence, Andrew leads a high-end consultancy that partners with organisations across a diverse range of sectors including banking and finance, telcos, defence, government and education. Andrew and his team deliver valuable insights through engaging presentations, tailored programs, and embedded change management programs.

Andrew has dual degrees in the body and brain: a Bachelor of Applied Science in Exercise Physiology and a Masters in Coaching Psychology, and is completing a PHO in Performance Psychology, how the body and brain optimises performance in high pressure situations.

Andrew is a self-diagnosed fitness junkie and lives in Sydney with his partner, four children, and fluffy dog, Toby.

Andrew May talks about:

Personal Best

Using science to improve your personal performance. This workshop supports your employees to develop high-performance habits that boost their mental stamina, renew their energy, keep them fit and healthy throughout the year and increase their productivity.

How the Best Get Better



Learn the strategies that the best of the best follow to sustain high performance all year round. Elite performers from a diverse range of fields including sport, entertainment and business are not born, they are made. Andrew May explores how the best get better using a number of strategies, structures and routines to help improve and sustain performance for the long term.

The 8 Day Week

Are you addicted to email? Do you waste time in bad meetings? How often do you crash and burn in the afternoon? Do colleagues, phone calls and interruptions distract you? In this workshop you will learn a strategic approach to the way you work that will help you take back a day week in productive hours.

Don't Act Your Age

Have you ever met a 70-year-old who is physically active, healthy, inspiring and invigorating? Or a 40-year-old who is the exact opposite? This keynote inspires your workforce to put their health and wellbeing first. They will learn how the way you eat and move will help you to stay young, healthy and vibrant, leading to greater levels of happiness and feelings of contentment.

Kicking off Both Feet

Resilient people and resilient organisations adapt and thrive better than others in environments of non-stop change, have a greater sense of purpose and social conditioning and have the ability to bounce back quickly following times of stress or hardship. This keynote will teach your workforce new ways to boost energy levels and avoid 'resilience fatigue', how to bounce back from difficulties faster and to thrive under pressure.

Testimonials

“ Toyota prides itself on continued training and constant improvement. Andrew stands out with a great message and he's been a hit with our employees and dealers across the country, supporting them with strategies to sustain performance and much needed accountability.

- *Toyota*

“ Andrew May has made a major difference to the performance of a number of teams and key individuals at CB Richard Ellis in Australia and throughout the Asia-Pacific region. Our business has grown dramatically in the last two years and Andrew has helped our senior leadership team gain clarity and direction about where we need to spend energy and how we can get there without burning out. We consider him a vital part of our competitive advantage in the marketplace.

- *CB Richard Ellis Australia*

“ Swiss Re has implemented a number of successful Executive Performance Coaching programs

with Andrew May and Tim Sharp with fantastic feedback received from employees and managers. The thorough research allowed them to tap into our culture and really make a difference. I recommend their services to other organisations aiming to reach their full potential.

- **Swiss Re**

“ The Exec Performance Coaching program has dramatically increased productivity and performance levels of Fairfax managers. We work to constant daily deadlines and this often results in high levels of stress and resulting anxiety and fatigue. Understanding how to control the way we think, the way we work and the way we look after our bodies has had an immediate impact on our organisation. I highly recommend this program!

- **Fairfax**

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