

make an impact



Tony Wilson
SPEAKER • COACH • MENTOR

conference keynotes

These are Tony's four most popular keynote presentations. However, if you are looking for something different, Tony is happy to tailor a keynote presentation to suit your needs.

Re-Wiring Leadership: Leading for high performance

How do we lead our people to perform at their best in the 21st Century? Most leadership lessons are observational, but in this keynote Tony focuses on the science behind why our people do and don't perform at their peak and how leaders unknowingly affect this equation.

There are four universal human factors that drive performance, behaviour and emotional conflict. When we use these Performance Triggers, the chemicals that keep us focussed and motivated increase, and activity shifts to the most effective brain regions.

The audience will take away four key things that undeniably boost performance in today's workplace and will better understand what drives behaviour and ultimately performance.

Re-Wiring Performance: Performance and Productivity

In the new economy, there is a new definition of performance. We need to consistently do our best thinking and perform at our best mentally. We can't keep doing the same things we did last year and expect to be more successful. But how do we continually operate at full intensity without burning out?

This session shows how we are actually wired NOT to do our best work in today's environment and how our current way of working is at odds with what the science tells us would be most effective.

Through some entertaining thought experiments and fascinating presentation of performance science, participants will leave with strategies to get into the Performance Zone more often and stay there for longer - helping them do their best thinking and perform at their full potential every hour of every day.

Hurry Up and Calm Down: Managing Stress

In today's workplace, there is more time pressure than ever, and greater expectations on us to perform at our best; underperformance, burnout, presenteeism and stress-related illness are sadly becoming a familiar part of our language.

We all know that stress affects our health, but in this keynote, Tony shows us how it kills our performance as well, stopping us from doing our best thinking, robbing us of energy and making it harder to control our emotions and behaviour.

Take a journey around the body and brain and see what performance science can tell us about stress. Learn quick and simple re-charge techniques, strategies for emotional control and how effective sleeping and eating can help alleviate this potentially debilitating problem.

The Rules of Behaviour: Managing and Changing Behaviours

Why do we find it so hard to change habits that we know are unproductive? How do we influence other people's behaviour so that we get the best outcomes? Behaviour has been studied for centuries, but the basic rules are pretty simple.

In this session, Tony shows the audience two sets of rules. Firstly we explore some universal guiding principles that explain why we choose the behaviours that we do. Secondly, we look at the rules for changing behaviour.

By understanding the brain science and physiology behind how new behaviours are formed, the audience will leave with clear strategies to change their habits, behaviours and thought patterns as well as an understanding of how to influence the behaviour of others.

Tony Wilson has spent over a decade working with elite performers in business and in sport – some of whom have gone on to become the best in the world in their field. His ability to help athletes reach their potential and maintain motivation has been a large factor in their success, and many corporate leaders throughout Australia now also apply Tony's philosophies with outstanding results. Tony's practical background, coupled with an MBA, give him a unique perspective on personal performance.

“ Tony has been our Performance Coach for seven years. He has been an integral part of our success during this period through his willingness to be involved in the development of our team dynamics and has become a great sounding board for me as a captain. Quite simply, he has taken the Qld Bulls to a new level.... ”

Jimmy Maher, former Qld Bulls Captain



Tony Wilson

