



# profile

Tony Wilson, MBA, BSc., has a passion for Human Performance. He has spent his entire working life helping organisations, teams and individuals perform at their best.

Originally a performance coach for elite athletes and sporting teams throughout Australia and the USA, Tony combines cutting edge performance science with contemporary management theory to put a unique slant on high performance in and out of the office.

With a focus on high performance, Tony works with leaders around the world to help 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 one-on-one performance coaching and executive mentoring. He is changing the way people work and lead.

## Key areas

### High Performance: Managing Others

Tony uses cutting edge performance science to show exactly what creates the performance state for people. He works on four universal factors that drive performance and behaviour and shows how to apply them as a leader.

Tony confronts our notions of motivating people and teams and shows us that creating an environment of high performance is a truly simple concept if you focus on the right things.

### High Performance: Managing Yourself

The conflicting demands of working in the 21st Century are taking their toll. Underperformance, burnout, presenteeism and stress-related illness are sadly becoming a familiar part of our language. Tony takes a sustainable approach to Performance and Productivity, focusing on more than just managing our time.

Having worked with some of the best athletes and high performers in the world. Tony's experience, coupled with performance science shows us how to do our best work, day-in day-out, without burning out physically, emotionally or mentally.

## Clients, past and present:

Some of Tony's clients include: Macquarie Bank, St George Bank, Bendigo Bank, Queensland Bulls, Challenger Financial Services, Cochlear, Corrs Chambers Westgarth, Queensland Reds, Australian Olympic Baseball Team, Deloitte, Qld Government, Qld Treasury Corporation and Energex.

## What Clients say

“ 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's keynote on “motivating staff” was a motivation in itself. The feedback from our clients has been overwhelming, and those who have implemented some of the suggestions have made a marked difference in their staff performances and operations. ... As a result of his professionalism and skills, I have engaged Tony to assist in the development of my own Queensland Team. ”

- State Mgr, Challenger Financial Services



Tony Wilson

