

## PENNY MALLORY



### **First Woman in the World to Drive a World Rally Car UK's leading authority on Mental Toughness**

Penny Mallory is a leading Authority on Mental Toughness. The former Rally Champion is the first and only woman in the world to drive a World Rally Car for Ford. Although her interest began with automotive performance, her passion quickly shifted to human performance, personal development and specifically mental toughness.

She is a former WRC and National Rally Champion, TV Presenter, Mental Toughness Expert and Team Performance Coach & Keynote Speaker and knows how to compete and beat the odds, but she also knows top performance requires even more than sacrifice and maximum commitment. It also takes heart, insight and the courage to keep going and the refusal to quit. She gets it, because she's lived it. In today's ever more competitive environment where only the best will do, Penny Mallory has perfected the art of Psychologically Powered Performance to bring out the very best in us.

As a child she saw alcoholism and mental illness destroy her family. Fleeing home at 14, homeless and fending for herself on the London streets, her life couldn't have been more dangerous or bleak, yet an inner strength and self-belief enabled her to take control of her future. She made the impossible possible and has since dedicated her life to helping others do the same. It is these experiences that have made her keynotes acclaimed international favourites for many of the world's most powerful and storied brands, including BAE Systems, Coca-Cola, Grand Vision, Waitrose, Tesco, Telefonica, Klesch, Sony, Airbus and many more.

Her life is a continuing series of doing what conventional thinking says she simply can't – from competing in three marathons on three consecutive days to hell runners and triathlons; finding the courage to enter the boxing ring twice and the physical and mental resolve to conquer two of the world's highest mountains. Little wonder that her interactive keynotes inspire taking action, and to believe you can because you can. With Penny in your corner, you can and will. The author of 'World Class Thinking, World Class Behaviour' and 'Take Control of Your Life', Penny is a descendent of George Mallory, widely believed to be the first man to conquer Mt. Everest.

According to Penny everyone can develop mental toughness and increase one's ability to manage stress, pressure, chaos and crisis. In her impressive keynotes Penny shows how she beat incredible odds to become a Rally Champion, and how we all can develop confidence, sense of control, level of commitment and the ability to see every challenge as an opportunity.



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### **Topics (Selection):**

- Mental Toughness
- World Class Thinking – Word Class Behaviour
- The Psychology of Success & Performance
- Building & Leading a World Class Team
- Behavioural and Culture Change
- Creating High Performance Teams
- Thriving In difficult times
- Innovative Thinking
- Presenteeism in the work place
- Vulnerability to mental health issues

### **Publications (Selection):**

- 365 Ways to Develop Mental Toughness, 2022
- World Class Thinking, World Class Behaviour: Adopt a winning mindset to get what you want, 2018
- Take Control Of Your Life, 2010