



PETE COHEN

Best-selling author, business consultant, life strategist, health and fitness professional and motivational speaker

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Pete Cohen is one of the world's most sought-after keynote speakers and business coaches to organisations around the world. He is an expert on human behaviour, performance, leadership and personal and professional development.

Pete Cohen is one of the world's leading keynote speakers. Hundreds of thousands of people from all over the world have been motivated and inspired by Pete's presentations.

Pete coaches business leaders, executives, corporate teams and sporting stars to achieve their best.

Pete excels at keynote presentations and inspires his audiences to think outside the box, believe in themselves and get motivated to take positive actions. He has worked with companies such as IBM, Boots, Pfizer, Robert Half International, BAA, Royal Bank of Scotland, Boehringer Ingelheim and Thomas Cook. Pete's interactive style is fun, thought provoking and leaves a lasting impression.

He has professionally impacted on the lives of thousands of people worldwide, including business executives, professional athletes and the everyday person.

Pete is driven by a desire to inspire people to be better than the best, to overcome their insecurities and bad habits and find joy and happiness in every day life. Pete focuses on the importance of having a strong belief in yourself. He teaches that you need to be positive and you have to develop self-confidence to achieve your potential and be successful.

He is the author of 18 published books, several of which have been best-sellers across the world, including Shut the Duck Up, Habit Busting, Life DIY and Sort Your Life Out. He has also presented his own show on TV called The Coach and was the resident Life Coach on GMTV for 12 years.

Pete's background is in psychology and sports science. He specialises in taking self-help and personal development to the masses in a way that is easy for people to understand and apply. Working in sports performance coaching, Pete has helped world class sporting stars and teams reach their peak performance, including Sally Gunnell, Ronnie O'Sullivan, Ellen MacArthur, Roger Black, the Kent Cricket Team and the Arsenal Football team.

In 2003 he was recognised as an expert in the field of happiness in 27 different countries around the world. Pete designed a scientifically validated equation for people to be able to work out how happy they were any given time.

TOPICS

THE HABIT OF HAPPINESS

LEADERSHIP IN THE 21ST CENTURY

SHUT THE DUCK UP!

PETE COHEN TALKS FOR 2019

**UNLOCKING POTENTIAL: MASTERING HUMAN
BEHAVIOUR IN CHALLENGING TIMES**

You do the maths. If you could get 30% extra from 70% of your people, what would that do for your business?

**CULTIVATING LEADERSHIP AT EVERY LEVEL:
CREATING INSPIRING LEADERS IN YOUR BUSINESS**

Just imagine: What would it be like to be surrounded by people who are inspired to be their best every day?

**RESILIENCE: HOW TO HAVE THE MENTAL STRENGTH
TO PERFORM AT YOUR BEST**

Can you learn to love your duck?

**RETHINKING WELLNESS: MAKING 'CORPORATE
WELLNESS' WORK**

Do you want your people to thrive rather than just survive?

VIDEOS



PETE COHEN SPEAKER SHOWREEL



HIGHLIGHTS OF KEYNOTE PRESENTATION

A man with a shaved head, wearing a dark suit jacket over a striped shirt, is speaking on a stage. He has a microphone clipped to his shirt and is gesturing with his hands. The background is a large screen showing a close-up of a person's eyes.

TESTIMONIALS

IKANO

"We invited Pete to stimulate us at one of our department away days. Pete and I spoke a few times in advance of the session so that he could understand not just our business, but our culture, strengths and weaknesses and current challenges. He used this to develop a relevant and engaging session for us. We found his enthusiasm and insight energising and he left us with a tangible base which we can use to further develop our performance as a team going forwards. It was a fun and very enjoyable day."

NPOWER

"Pete is engaging and enthusiastic. He has a personal style that captivates his audience offering unique perspectives that challenge everyday thinking. It was thought provoking and energising at the same time - well done!"

<https://twitter.com/>

BARCLAYCARD

"Pete gave a great session as key note speaker, helping the entire team think differently about how we relate to ourselves, each other and work. Great tips to help us be positive, achieve our personal goals and how to handle situations. A really good day."

THE EBP

"Pete was very enthusiastic about The EBP's 'Investors in Education' event, which is held to celebrate the support local businesses give in providing work experience placements for young people. His energy and enthusiasm were contagious and he was able to make his speech relevant, engaging and uplifting to all who attended. If they were wavering about providing work experience opportunities in the future - they won't be now!"



Getting in touch

We hope the information we have provided about Pete Cohen is useful to you. If you'd like to request availability for Pete, please get in touch with his agent, Cosimo Turroturro. You can reach him by email or phone using the details below:

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Working with Speakers Associates

A trusted resource for many of the world's leading corporations, conferences & associations, we provide keynote speakers for internal and external events, executive development and board-level meetings, coaching and mentoring. Check our website to browse our extensive list of speakers and learn more about us at www.speakersassociates.com.



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