

Tony Brooks

The Leadership Psychologist



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Testimonials

“It is without doubt that Tony will leave you wanting 'more'. An inspirational speaker I was truly captivated by his presentation on Survival Psychology. He is honest, intuitive, personable and exceptionally credible”

Annie Leaver, CFCIPD

“I recently had the opportunity to experience Tony’s talk on survival psychology with a group of fellow HR professionals. I don’t say this lightly when I say it was the best 90 minutes I’ve spent at work for some time. Tony’s session was informative, thought provoking and challenging in equal measure”

Darren Jones, Instinct HR

More testimonials available [here](#)

‘Survival Psychology – 5 ways your Survival Instinct will hijack you and how to master it’

Leaders can achieve their true potential by gaining greater awareness of how their survival instinct is hijacking them and holding them back (in 5 key ways), then learning how to master it.

Key takeaways from Tony's talk

- Why you may think you have Impostor Syndrome, but you don't!
- How to handle mistakes, challenges and feedback to enable you to grow
- Why we are wired for pessimism but how being conscious will be your superpower
- How to overcome the 3 Cs of Ego (Competing, Complaining and Criticising)
- How to shift tribal behaviour from being divisive to being a power for good

You can find out more about Tony’s work as a speaker and key takeaways for your audience from his keynote [here](#).

A range of resources, video and brochures for speaker bookers and agents can be found [here](#).

His podcast series ‘Leadership Mindset’ is on Spotify, iTunes and Stitcher and can be found [here](#).

Why Tony Brooks has the skillset and experience to dramatically improve the success of your audience

- Leadership Experience - Tony has over 20 years’ experience as a leader followed by over 15 years as MD of his own company ‘The Leadership Training Workshop Ltd’
- Track Record - He has worked with 1000s of leaders and teams, with a proven track record of delivering significant profitable growth and positive company cultures
- Qualified Psychologist - He holds an MSc in Psychology (and a BSc in Maths)
- Author – He is the author of the 2015 4.5 Star rated book - PI Leadership
- Podcast – Tony is the host of the podcast series ‘Leadership Mindset’ with over 50 episodes

Tony's inspirational keynote is suited for Conferences, Leaders and Team Building Events