

Tony Brooks

The Leadership Psychologist



 0115 903 3133

 enquiries@thetonybrooks.com

 /tonybrooks63

 www.thetonybrooks.com

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](#)

Tony Brooks – Leadership Psychologist & Survival Psychology Expert

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 areas Tony discusses on podcast episodes

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

Tony's previous podcast guest appearances can be listened to [here](#).

A range of resources, video and brochures for podcast show hosts 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 insights and takeaways to improve the mindset of your podcast audience

- Keynote and TEDx speaker on 'Survival Psychology'. See [here](#)
- Leadership Experience - Tony has over 20 years' experience as a leader followed by over 17 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 – 2015 4.5 star Amazon rated book PI Leadership. Upcoming in April 2024 'Survival Psychology'. See [here](#).
- Podcast – Tony is the host of the podcast series 'Leadership Mindset' with over 50 episodes
- Professional Speaker Association - Tony is a long standing member of the PSA
- Speaker Bureau - Registered with Raise The Bar and Champions Speaker Bureau

Tony is renowned as an expert in Leadership Mindset and Survival Psychology. His 15+ appearances on other shows is testament to the wisdom and insights he brings.