



## Pippa Grange

### Renowned Sports Psychologist

*Hailed by the media as 'the doctor who helped transform the England football team'*

Dr. Pippa Grange is a highly sought-after sports psychologist and culture coach who works across elite sports and business internationally. She is a deep thinker about performance, and she's fearless when it comes to using two words that we don't often hear joined with performance: love and soulfulness.

#### TOPICS:

- Culture and Ethics of Sport
- Winning Culture
- How a Big (Stressful) Adventure Can Lead to Wellness
- Being a Woman in the Man's World of Sport
- High Performance

#### LANGUAGES:

She presents in English.

#### PUBLICATIONS:

**2020** Fear Less - How to Win at Life without Losing Yourself

#### IN DETAIL:

Pippa has worked with many elite teams and individual performers over the last 15 years, not least the England football team during their renaissance World Cup campaign of 2018; a performance that united the nation and inspired a new narrative on the sheer joy of competing with less fear and ego. FEAR LESS, her manifesto for living a life with less fear, Pippa is now part of the senior leadership for the global Right to Dream group, working on cultural strategy. She is particularly invested in ensuring opportunities for women and girls. Pippa is also passionate about finding a different archetype for women working in sport and other male-dominated areas.

#### WHAT SHE OFFERS YOU:

Pippa supports organisations and leaders in sport to sustain their best performances whilst broadening the definition of sporting success. Being inside the inner sanctum with athletes, coaches and performers of all kinds has sculpted Pippa's perspective on the great value of keeping the soul in winning and remembering, above all, just to be human.

#### HOW SHE PRESENTS:

Renowned for her insightful, inspirational and thought-provoking speaking style. Pippa is in great demand by corporate clients the world over.