

# **Andrew May**

### Global Authority on Human Performance, Keynote Speaker, Mental Skills Coach

Andrew May is one of the world's leading authorities on human performance, mindset, and leadership. He is a globally respected performance strategist, keynote speaker, and founder of Performance Intelligence—a specialist advisory that helps leaders and organisations unlock their full potential and perform at their best—mentally, physically and emotionally.



A master communicator, Andrew is a highly sought-after keynote speaker, known for his ability to energise a room and leave a lasting impact. What sets him apart is his use of data to drive performance. Through his proprietary LiveLife Score diagnostic, Andrew tailors every keynote to the audience's current physical and psychological state—ensuring insights are personalised, relevant and immediately actionable.

With a career spanning two decades, Andrew has coached at the highest levels of elite sport and corporate leadership. He is the Mental Skills and Leadership Coach for the Manly Sea Eagles (NRL), World Champion Boxer Tim Tszyu, and the Wallabies (Rugby Union), and he works with elite athletes in CrossFit and Olympic sports. His performance insights are equally trusted by CEOs and executive teams navigating change, pressure, and growth.

Andrew is also the creator and host of the Performance Intelligence Podcast, where he interviews some of the world's top thinkers, athletes and business minds—including neuroscientists, CEOs, special forces operatives, world champions and bestselling authors. The podcast is a platform for rich conversations around energy, focus, leadership and what it truly takes to perform at your best.

A best-selling author, regular media commentator and former Partner for a Big Four professional services firm, Andrew brings a deep mix of evidence-based science and engaging storytelling to every stage. Whether he's addressing a boardroom of 20 or a ballroom of 2,000, he brings energy, humour, and deep insight—leaving audiences inspired, informed and ready to take action.

He holds degrees in Exercise Science and Coaching Psychology, and is the creator of the LiveLife Score, which assesses physical and psychological capacity for his keynotes and programs, helping track improvement and ROI.

Andrew lives in Sydney, and as a proud father of four, he knows first-hand the balance it takes to live and lead with purpose, energy and resilience.

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## Andrew May talks about:

Andrew delivers science-backed keynotes on performance, mindset and leadership — tailored using real team data.

#### **High Performance Keynotes**

### MatchFit - Boost energy, wellbeing and performance-physically and mentally.

In today's fast-paced environment, sustainable performance starts with being MatchFit. This keynote provides a practical roadmap to optimise physical and psychological wellbeing, increase resilience, and extend peak performance across your workforce. Andrew shares six transformative levers—Move, Fuel, Recharge, Think, Connect, and Play—to help you thrive both personally and professionally.

This keynote is perfect for: organisations looking to boost performance, productivity, and sustainable energy across all levels.

#### Audience Takeaways:

- Strategies to increase energy, lower stress, and improve mental clarity
- How to stay biologically younger and thrive at work and in life
- Build daily habits that enhance productivity and prevent burnout
- Apply neuroscience to manage change and improve decision-making.

#### High Performance Reset - Sustain high performance without the collateral damage.

Unlock the secrets of world-class performers in sport and business. Learn the rituals, routines, and recovery strategies required to build resilience and sustain peak output in high-pressure environments.

This keynote is perfect for: leadership teams and high performers at risk of burnout, cultivating high-trust, psychologically safe environments or seeking to reset focus and recharge for sustained output.

#### Audience Takeaways:

- Define what high performance truly means in modern workplaces
- Embed micro-recoveries to reduce burnout and sharpen focus
- Cultivate a high-trust, psychologically safe culture
- Equip your team with essential mental skills and energy strategies.

#### Mindset & Resilience Keynotes

#### Inside Job - Build mental skills to thrive under pressure.

Achieve meaningful, sustainable high performance with an inside-out approach. Inside Job reveals how to train your brain like a muscle. Drawing from neuroscience and performance psychology,

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**celebrity speakers** 

Andrew teaches practical tools to help individuals stay calm, focused, and confident in high-stress situations.

This keynote is perfect for: individuals and teams operating in fast-paced, high-stakes environments who need tools to stay mentally sharp and emotionally balanced.

## Audience Takeaways:

- Train focus, emotional regulation, and decision-making under pressure
- Reduce negative self-talk and improve inner dialogue
- Master simple mental transitions between key performance moments
- Understand the brain's bias for fear and how to overcome FOPO (Fear of Other People's Opinions).

## SHIFT: The Neuroscience of Embracing Change - Transform disruption into growth.

Change is no longer a phase—it's a constant. In this keynote, Andrew demystifies the neuroscience behind behaviour change and empowers teams to adopt a growth mindset that sees change as an opportunity, not a threat.

This keynote is perfect for: organisations undergoing transformation, leadership changes, or navigating uncertainty and disruption.

## Audience Takeaways:

- Rewire thinking patterns to improve adaptability and focus
- Build simple, repeatable habits for navigating uncertainty
- Understand how setbacks are part of sustainable change
- Create a team culture that embraces innovation and progress.

## Leadership & Culture Keynotes

# AMPLIFY: The Power of Human Connection - Live and lead with purpose, connection, and joy.

True performance stems from deep human connection and meaningful purpose. This inspiring keynote explores how leaders can foster connection, enhance engagement, and create workplaces where people truly thrive.

This keynote is perfect for: organisations wanting to strengthen culture, connection, and engagement—particularly in hybrid or distributed teams.

## Audience Takeaways:

- Strengthen workplace relationships through authentic connection
- Improve wellbeing and resilience through purpose and play
- Combat loneliness and disengagement in hybrid work settings

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• Embed connection and purpose as drivers of high performance.

## **Building Leadership Capacity - Lead with Energy, Focus and Impact**

Many organisations invest heavily in building leadership capability – skills, knowledge and competencies – but overlook the critical foundation of leadership capacity. Leadership capacity is about having the time, energy and mental clarity to lead strategically, make decisions, and stay resilient through change.

In this engaging and science-backed keynote, Andrew unpacks the 5 pillars of Leadership Capacity – Energy Management, Working Smarter, Mental Skills, Performing Under Pressure, Coaching & Influencing – drawing from performance psychology, exercise physiology, neuroscience and twenty years working at the pointy end of leadership in elite sport, business and the military. With practical tools and actionable insights, participants walk away with a sustainable blueprint for high performance leadership in today's fast-paced world.

This keynote is perfect for: senior executives, people leaders and emerging talent navigating change, complexity and increasing demands.

Audience Takeaways:

- Understand the difference between Leadership Capability and Leadership Capacity and why both matter
- The 5 Pillars of Leadership Capacity
- Leadership Capacity is more aligned t how a leader thinks and acts, and prepares leaders for the future (future proofing)
- Improve decision-making, emotional regulation and strategic presence
- Lead with more clarity, connection and impact.

## **Testimonials**

Andrew presented a series of keynotes for MDRT around Australia. Member feedback has been overwhelming – funny, articulate, evidence-based, entertaining, passionate. Andrew's sessions resonated so much, MDRT booked him to speak at global conferences in Singapore and New Orleans. World-class.

#### - Million Dollar Round Table, Australia

<sup>11</sup> From the initial MatchFit keynote to the ongoing Coaching Academy for sales leaders, Andrew's energy and enthusiasm is contagious and I've lost count of the times employees have said what a difference his teachings have had on their lives.

#### - Eli Lilli Australia

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- Andrew's coaching has made a difference to the way I manage stress and recovery; and his coaching, keynotes and leadership programs have had a very positive impact on the many people and teams he has worked with across CBA.
- CBA
- Andrew's Leadership Offsite was so well received, we asked him to come back and run our next two day offsite. This program has significantly impacted the way we work, improved camaraderie and some of the LT have reported it literally changed their life.
- Transdev

VIEW SPEAKER'S BIO ONLINE

VIDEO OF SPEAKER

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