

Heston Russell

Leadership, Mindset & High Performance Speaker

Spending 16 years of serving in the military Heston Russell lead elite teams and completed over 100 combat missions with the Special Forces. He found inspirational purpose defending and protecting those who were innocent - and taking the fight to those were not.



But transitioning back to civilian life was challenging. Feeling irrelevant and isolated, he almost gave up on life. In this harrowing moment, Heston realised the person truly holding him back was himself.

He experienced the trials and tribulations of accepting his sexuality, struggling with his mental health and combating a growing culture of entitlement. Learning leadership, developing a high-performance mindset and mentoring motivation are critical components of his success and subjects he loves to speak on to audiences from all walks of life.

Heston will take you through his lived experiences learning, testing, failing and succeeding in the fundamentals that can be taught and harnessed to achieve personal and professional performance above expectations, while delivering a culture that thrives in crisis and grows stronger with both success and failure.

Heston is on a mission to use his experiences learning leadership and human performance to help solve real world problems and empower people to achieve their full potential.

Topics

- Authentic Leadership
- Finding Purpose
- Elite Performance
- Improving Culture

Testimonials

“ Engaging, Articulate, and Authentic were all words used by team members to describe Heston after we invited him to Citi to speak about his leadership experiences. His professional, but

approachable nature made him an absolute pleasure to work with, and he has an incredible story to share!

- Citi Group

“ There was not one person in attendance who was not inspired by what you had to share. Your messages and lessons were delivered with clarity and an exactness that resonated with our diverse and multicultural team. You reinforced the crucial role that leaders play in uniting teams with purpose and put into perspective the notion of authority being a responsibility to others. Keep doing your amazing work in this space, it is truly world class.

- Deloitte

“ Heston offered a fresh and insightful perspective on what it means to lead effectively. His authentic and practical delivery made his message both compelling and actionable. I came away from his presentation with a renewed sense of purpose and some clear goals to work on.

- Richard Hallahan

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