



VICKI ANSTEY  
WWW.VICKIANSTEY.CO.UK



## In Conversation With Vicki Anstey

This session is an exciting opportunity for your team to get to know Vicki Anstey and hear her inspirational story, along with time for a Q&A! In this keynote, Vicki will challenge your audience to take their first step into whatever they may be most afraid of in order to discover that true personal growth comes from handling and then overcoming adversity. To do this, Vicki draws from her unique journey from advertising executive to fitness pioneer.

WWW.VICKIANSTEY.CO.UK



VICKI ANSTEY  
WWW.VICKIANSTEY.CO.UK



## Understanding And Embracing Pressure

In this session, Vicki Anstey explains the 'Pressure Performance Curve', guiding audiences through a series of simple adaptations to mindset, lifestyle and how we can better regulate pressure and stress. Your team will learn the difference between challenge and threat and how to re-wire our brains to enable higher executive functions that regulate our emotions, suppress biases, solve complex problems and help us think more flexibly.

WWW.VICKIANSTEY.CO.UK





VICKI ANSTEY  
WWW.VICKIANSTEY.CO.UK



## Wellbeing And Mental Fitness

In this session, Vicki Anstey presents compelling evidence that enhancing underlying physiology is what supports and drives human health. By improving our wellbeing and physiology, we can only set ourselves up BETTER to withstand, pressure, stress and the onset of lifestyle disease. So, take a deep dive with Vicki into the drivers of wellbeing, the impact of our thoughts, our ability to manage stress, and the difference between lifespan and health-span.

WWW.VICKIANSTEY.CO.UK



VICKI ANSTEY  
WWW.VICKIANSTEY.CO.UK

## How To Develop The Psychological Safety Of Your Team

Psychological safety is not about being nice or making people 'comfortable', it is felt permission for candour, authenticity. In this session, Vicki Anstey shares fascinating insights from the 60 days she spent at sea with two other women feeling emotionally unsafe, isolated and bullied. Vicki shares the lessons she learned from this experience about what truly high-performing teams need to have in place to succeed with integrity.

WWW.VICKIANSTEY.CO.UK





VICKI ANSTEY  
WWW.VICKIANSTEY.CO.UK



## Unlocking high performance: Finding your secret 60%

Have you ever felt like you're operating at 40%? Like you have more to give but just can't unlock that missing 60%? Vicki Anstey's series of eye-opening lessons will teach you that fear is just an opportunity in disguise. You'll learn the skills needed to unlock your true potential, a new perspective on how to overcome what's holding you back and thought-provoking insights that will inspire change.

WWW.VICKIANSTEY.CO.UK



VICKI ANSTEY  
WWW.VICKIANSTEY.CO.UK



## Preparing And Training For Adversity

In this session, Vicki Anstey redefines what comfort really means. Explaining that life is actually more comfortable on the other side of discomfort. The key to this is mastering the art of the mundane, creating and 'stacking' good habits, making consistency our focus and discharging the toxic effects of chasing dopamine and instant gratification. Vicki will leave your audience knowing how to live life determinedly and how to be ready for any opportunity that may cross their path.

WWW.VICKIANSTEY.CO.UK