MICHELLE FLYNN COACHING

Protecting your people and their performance under pressure.

Michelle helps organisations keep their high performers mentally sharp, emotionally regulated and physically energised, so they deliver results without burning out.

Better health. Stronger retention. A culture people want to stay in.



SIGNATURE KEYNOTES

The Energy Advantage
Why High Performers Burn Out & How the Best Stay at the Top

The Performance Reset
Unlocking Focus, Flow and Consistency in High-Achieving Teams

Leadership Under Pressure
How to Stay Clear, Decisive and Influential When It Matters Most

HOW ORGANISATIONS WORK WITH MICHELLE

Keynote: set the tone at a conference, leadership offsite or company event.

Workshops: go deeper with practical sessions for specific teams and leaders.

Ongoing programme: keep wellbeing and performance on the agenda all year round.

TRUSTED BY

500+ keynotes and workshops for organisations including Google, Meta, Amazon, YouTube, Burberry and Boston Consulting Group, plus one-to-one coaching for Premier League footballers.

Author of The Balance Trick · Certified Health & Performance Coach · CBT Practitioner · ADHD Coach · Oxygen Advantage Functional Breathing Instructor

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Signature Keynotes

Each keynote is tailored to your audience and works as a standalone session or as part of a wider event.

The Energy Advantage

Why High Performers Burn Out & How the Best Stay at the Top

Many high performers run on an energy deficit without realising it, and it quietly erodes their decisions, leadership presence and results. This keynote combines science, real-world experience and practical tools to regulate stress and optimise recovery, so people perform at a higher level, for longer.

Key takeaways:

- Perform under pressure without sacrificing health
- The link between energy, decision-making and leadership impact
- Practical tools to stay sharp, focused and resilient

Ideal for: Leadership teams, senior executives, high-performance cultures

The Performance Reset

Unlocking Focus, Flow and Consistency in High-Achieving Teams

Most teams don't have a capability problem, they have a consistency problem. This high-energy, guided keynote uses music and a science-backed method to reset stress and focus in minutes, so the audience feels the shift rather than just hearing about it.

Key takeaways:

- Tools to access flow and deep focus when it matters
- Reduce mental overload and increase output
- Build consistent performance, not occasional peaks

Ideal for: Sales teams, commercial teams, performance-driven organisations

Leadership Under Pressure

How to Stay Clear, Decisive and Influential When It Matters Most

Under pressure, even highly capable leaders can lose clarity and control. This keynote explains what happens in the brain and body in those moments, with practical strategies to stay clear, decide well and lead consistently when the stakes are high.

Key takeaways:

- Stay clear and in control in high-pressure moments
- Manage emotional responses and lead with intention
- Understand how leadership energy shapes team performance and culture

Ideal for: Senior leaders, people managers, fast-paced organisations

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Workshops & Masterclasses

Alongside the keynotes, Michelle offers a library of practical, evidence-based workshops developed through years of coaching high performers. Many clients start with a keynote, then bring Michelle back to go deeper with specific teams, run a series across the year, or mark awareness days such as World Mental Health Day and World Menopause Day.

All sessions can be delivered in person or virtually,
as a standalone talk or a structured series.

HEALTH

Stress & Burnout Prevention
What stress and burnout really are, the early warning signs, and practical ways to regulate pressure in real time and prevent burnout.
Outcomes: Better emotional control, early identification of burnout risk, a practical prevention framework.

Sleep & Recovery for Performance
Why sleep drives decision-making, mood and long-term health, with simple routines to improve rest in high-pressure lifestyles.
Outcomes: More energy and focus, reduced burnout risk, realistic sleep routines.

You Are What You Eat
How food affects energy, focus and mood, cutting through conflicting advice with simple, realistic choices.
Outcomes: Steadier energy, clearer thinking, practical and affordable nutrition habits.

Perimenopause & Menopause in the Workplace
What perimenopause and menopause are, how symptoms affect confidence and performance, and how leaders, HR and teams can offer practical support.
Outcomes: Greater understanding and empathy, practical workplace adjustments, improved retention.

Immersive Breathwork
A guided, science-led breathwork experience with music that helps teams reset the nervous system and feel the impact first-hand. Led by a qualified Oxygen Advantage Functional Breathing Instructor.
Outcomes: Reduced stress and mental fatigue, better emotional regulation, more clarity and energy.

WELLBEING

Building Resilience
How to build resilience through daily habits, boundaries and mindset shifts, with a practical framework for sustaining performance through change.
Outcomes: Stronger stress tolerance, improved adaptability, practical resilience habits.

The Pursuit of Happiness
What really drives long-term fulfilment, why the brain often misleads us, and how to pursue sustainable success.
Outcomes: Greater life satisfaction, better decisions, stronger personal alignment.

A Life Audit
Participants assess key areas of life and work to spot imbalance and hidden stress, then decide what to maintain, change and prioritise. Based on Michelle's book, The Balance Trick.
Outcomes: Increased self-awareness, clear action priorities, better work-life alignment.

Discovering Your Core Values
Identifying the values that drive behaviour and decisions, and aligning work and life choices with what matters most.
Outcomes: Clearer decisions, increased motivation, stronger personal leadership.

Change Your Habits, Change Your Life
How habits form, why willpower fails, and how to build systems for lasting change.
Outcomes: Greater consistency, better performance routines, sustainable behaviour change.

MINDSET & PERFORMANCE

Finding Your Mojo
Helping people reconnect with what drives them, understand what fuels and drains their energy, and design their work around what matters.
Outcomes: Renewed motivation, clear direction, greater momentum under pressure.

Changing Your Mindset
How thinking patterns shape confidence and results, with tools to reframe challenges and build a consistent “can-do” approach.
Outcomes: Better decisions under pressure, increased confidence and ownership, a framework for turning challenges into action.

Overcoming Self-Doubt & Imposter Syndrome
Why self-doubt and imposter syndrome are so common in high performers, with CBT-based tools to build confidence and act despite uncertainty.
Outcomes: Increased self-belief, less overthinking, stronger professional confidence.

Time Management: Capacity, Not Busyness
Time management reframed as energy and attention management, with systems that protect focus and recovery.
Outcomes: Increased productivity, reduced overload, clear prioritisation.

Change How You Feel by Changing How You Think (CBT)
A practical introduction to CBT techniques for recognising and reshaping unhelpful thought patterns.
Outcomes: Better emotional regulation, improved stress management, practical coping strategies.

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Unlocking Peak Performance Through Flow State
The science of flow and how to access it, with participants guided into flow through breathwork and focused reflection.
Outcomes: Improved focus, increased creativity, better performance under pressure.

LEADERSHIP & CULTURE

Supporting ADHD in the Workplace
How ADHD shows up at work, the strengths neurodiverse employees bring, and low-cost adjustments that help them thrive.
Outcomes: Improved inclusion, reduced performance friction, stronger leadership capability.

For Leaders: Put Your Oxygen Mask on First
How a leader's physical, mental and emotional state shapes team performance and culture, and how to manage it.
Outcomes: Stronger leadership presence, healthier boundaries, sustainable performance.

Goal Setting for Teams
A structured workshop to set meaningful team goals across work, health and life, with alignment and accountability built in.
Outcomes: Clear direction, improved engagement, stronger accountability.

To discuss a keynote, a workshop or a longer programme for your organisation, book a call with Michelle to find the right mix for your event and your people.

Book a call: calendly.com/michelleflynn/speaking

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