



## **"BUSINESS : A PING PONG GAME"** how to navigate change with agility

We live in a world that never stops changing. Markets shift, technologies evolve, and uncertainty has become the new constant. For leaders and teams, this creates relentless pressure: they are expected to make faster decisions, recover quickly from setbacks, and maintain a high level of performance.

Yet having a clear direction to manage focus, energy, and decision-making when it matters most is often the hardest part. The result? Clarity turns into fog. Serenity turns into stress. Performance, whether professional or personal, slips.

As in elite sport, and even more ping pong, the challenge is not just surviving change; it's learning to live with it. It's about creating a new relationship with uncertainty in order to stay agile, mentally fit, and confident no matter what comes next.

Through his inspiring journey as an elite athlete and his unique framework, La Ping-Pong Method, Benjamin brings you powerful insights to turn "change" into your best friend. His approach is always humble, playful, and purposeful, with the deep intention of not only inspiring you professionally but also helping you become better humans.

### **What will you take away**

A different mindset and a fresh perspective on performance to transform challenges into opportunities and redefine your relationship to change and uncertainty. A relationship fueled with more clarity, serenity and confidence.

Benjamin's talk is an invitation to look at your reality through the champion's mindset, in order to feel more confident and better equipped to face today's challenges. He will also share practical tools to manage stress under pressure. Helping you reset and refocus in seconds, not hours

### **Who this keynote is for ?**

Visonary Organisations and teams :

- that are going through new challenges, uncertainty, or a transformational moment
- experiencing rising stress, pressure, and insecurity among their people
- that want to anticipate the future and be ready to face it
- seeking to think outside the box and differentiate from the competition

More generally, organisations that understand that investing in their people's well-being and development is key to their success.



### **Follow up activity**

Follow-up activity is recommended, if not necessary to embed lasting impact. Q&A sessions, Workshops, high level coaching... All activity is tailored to individual and teams needs. Please contact Benjamin to discuss your requirements.

### **About Benjamin**

Benjamin Brossier, Olympic table tennis champion has spent over 20 years living in a world of speed, pressure, and precision. Mastering split-second choices in his matches. Creator of La Ping Pong Method, he became an expert in mental performance and decision-making under pressure.

Driven to inspire a new generation while offering a fresh perspective on performance, he empowers top athletes, actors, executives, and organisations to make powerful choices, optimise energy and develop the mindset to rebound after challenges. Recognized for his precision and heart ["a wise old man in a young man's body", they say], Benjamin enables his clients to flourish in uncertainty with agility and confidence.