



## **“CORPORATE ATHLETES”** sustainable performance through human energy

In today's dynamic corporate world, workload and stress are constant. Individuals and teams are expected to perform at high levels while managing multiple priorities, tight deadlines, and daily pressure.

Many struggle to maintain clarity, health, and motivation over time, leading to burnout, disengagement, and reduced performance.

Ultimately, long-term performance is all about energy : how you manage your time, priorities, expectations, and inner batteries.

Success, like well-being and productivity, is not a sprint, it's a marathon...

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

Drawing from his Olympic experience and practical strategies, Benjamin explores with you the four pillars of human energy: physical, emotional, mental, and purpose-driven energy. Inviting you to build a new relationship with yourself and your challenges.

You will learn to approach daily work and life like a top-level athlete: finding balance between resilience and serenity, combining high productivity with deep fulfillment, and regaining control over your energy, time, and priorities. Even under constant pressure. In other words, how to perform as corporate athletes.

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

Visionary organisations and teams who:

- Seek to improve long-term performance and engagement
- Want to optimize their people's energy, focus, and well-being for sustainable results
- Operate in high-pressure environments and need a healthier, more productive approach
- Want to draw inspiration from the athlete mindset and strategies



### **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.