



## **“RISING THROUGH THE BOUNCE”**

### how to turn challenges into opportunities

In elite sport as in business, obstacles and low moments are inevitable. Our reality change, projects fail, and unexpected challenges test both resilience and confidence. Too often, these difficulties drain energy within teams and create unwanted doubt.

Even though we know success is never a straight line, we often struggle to live with that reality.

What separates a champion from the rest, or a long-term successful organisation from a short-term one, is the ability to understand and accept the cycles of life and rebound from them with confidence.

Olympic table tennis champion Benjamin Brossier has spent over 20 years competing at the highest level, failing, recovering, and learning to redefine his relationship with defeat, failure, and injustice. This journey led him to discover that rebounding is all about perspective and humility: embracing the ability to switch from expert to expert of not knowing. He now shares with you on stage the years of reflection and experience that have allowed him to master the art of the rebound, both on and off the table

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

Through his unique journey and his framework, La Ping-Pong Method, Benjamin's talk invites you to view long-term performance from a fresh perspective. You will be guided to choose the champion's mindset, embracing setbacks and obstacles rather than letting them drain you personally or professionally, so you can recover faster and transform challenges into new energy for lasting performance.

[Practical tools to bounce back quickly from setbacks, will also be shared.]

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

Visionary organisations and teams who:

- Are facing or have faced a period of crisis and feel a lack of clarity or confidence within their people
- Need to inspire or motivate their teams to keep moving forward despite difficult challenges
- Operate in a fast-moving environment where setbacks are frequent and heavy to carry

Commercial and competitive businesses and teams often relate, finding this approach particularly relevant.



## 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 I“a wise old man in a young man’s body”, they say!, Benjamin enables his clients to flourish in uncertainty with agility and confidence.