



## “THE POWER OF CHOICE”

How to master decision-making under pressure

Every ambitious business is a combination of hundreds of thousands, if not million of decisions. From the small daily choices to the big, high-stakes ones shaped by uncertainty and pressure

What separates a good choice from a “poor” one? How can you decide with clarity and confidence when all you see is fog?

A lack of clear and confident decision-making can create stress beyond the individual and widen the gap between leadership and their teams. And, ultimately, it can bring a business down in no time.

In elite sport, the ability to choose under pressure is a matter of survival. At the table, Olympic Champion Benjamin Brossier has :

- 1 minute to set strategy between games.
- 10 seconds to reset and recover between points.
- 0.5 seconds to read, decide, and respond when the ball comes at him.

Each choice can change everything.

### What will you take away

Benjamin has experienced both winning streaks, when every choice seemed right, and tougher times when his decisions led to failure. Over the years, he discovered that the real secret to powerful decision-making lies beneath the iceberg: in the daily, fundamental pillars that shape clarity, focus, and emotional balance.

In this keynote, Benjamin shares these lessons with humility and dedication. You will learn the foundations for making powerful choices under pressure with clarity and confidence, allowing you to transform your relationship with stress and emotions and unlock your creative potential when facing high-stakes challenges

### Who this keynote is designed for ?

Visionary organisations and teams who:

- Feel that decision-making could be improved / that mastering choices is key to success
- Want to cultivate greater serenity in the face of constant uncertainty and pressure
- Seek to build stronger bonds between leadership and their teams



## 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.