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ping pong  
method



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## **TEDx Format**

### **CHAMPION OF YOUR LIFE – THE CHOICE**

"At every stage of my career, I had a choice. leaving at 10, facing injustice in the French team, defining my own talent, my fall..."



In that short format Benjamin has 15 minutes to impact while taking the audience on a journey with him, through failure, fear, resilience, bouncing back, and the power of choice... to ultimately embrace the mindset of a champion.

A 20-year journey condensed into 15 minutes. One shared with heart and humility. One that inspires your team, encourages identification, and even sparks awareness

**This TEDx talk is designed for visionary organisations and teams who:**

- Want to create an impactful moment for their team
- Are driven to inspire their people
- Feel overwhelmed and need to bring a fresh energy
- Need a short format due to a busy schedule (seminar, special corporate event...)