

# Ben Ryan

Imagine you had an opportunity to experience a winner, a motivator and an extraordinary A-gamer, who can help you unlock peak performance within your team. Would you take it?

Your next event featuring Ben Ryan will leave no doubt you made the right choice. Ben's insights into **mindful development of people**, open communication, and knowledge of **creating psychologically safe cultures**, are renowned. As an Olympic gold medal winning coach of the Fiji Rugby 7s team, Ben provides tools and messages that are applicable to any organisation or team. These include essential factors for establishing and sustaining the right environment that **cultivates success**, as well as the need to **align values and vision** with courageous conversations. In his powerful and inspiring keynote speeches, Ben discusses the importance of **adaptive leadership**, how to tap into the deepest areas of personal **potential**, and effective **ways to build trust**. In order to thrive in today's competitive world, leaders must be able to mobilise all their resources and utilise the techniques that bring out the very best from every team member.

“Ben absolutely hit the right note and our clients loved him! His session brought the day to a brilliant close; so inspiring and uplifting with some incredibly clear and relevant leadership reflections. It was also so good of Ben to stay behind and chat to all the people – absolutely wonderful!”

Learning & Development Manager  
for a global law firm

Ben is the author of the bestseller ***Sevens Heaven: The beautiful chaos of Fiji's Olympic dream***, in which he shares the amazing journey from Pacific island sand dunes to gold medal history, revealing the authentic lessons required for developing empowered teams and champions.

In his current role as Director of Elite Performance for Brentford FC, Ben continues to put these tools into practice on a daily basis - truly walking his talk!

## Watch Ben

- ▶ [Speaking showreel](#)
- ▶ [Sevens from Heaven trailer](#)
- ▶ [Interview with Jay Shetty](#)

Popular talks include:

"How to Create a Culture of Consistently Winning Teams"

"Inspiring Peak Performance"

"Psychological Safety for Better Results"

