



## **Title: Get Juiced. A Guide to A Brilliant Life**

Roberto Forzoni MSc (dist), BSc (1st)

In this highly engaging and exciting talk, Roberto shares his experiences of working as an applied performance consultant with some of the biggest names in the sport. Using evidenced-based underpinning, Roberto combines the research with over three decades of applied experience working at the cutting edge of the elite-level sport.

How can you help an individual struggling in their sport to become World No.1? Helping create Olympic and world champions, medalists from a variety of diverse sports, turn around the fortunes of struggling Premier League football teams? And at the same time help increase well-being, resilience and life satisfaction? Drawing upon his experiences in cognitive behavioural therapy and Solution Focussed Therapy, Robert shares six key areas that have helped transform clients mindsets.

### **Biography**

Roberto Forzoni is one of the world's leading and most experienced performance consultants and has had the privilege to work with some of the biggest and most successful organisations and sports teams and individuals in the world. He has a unique background helping elite teams managers and performers reach quite extraordinary heights. His client list reads like a who's who of high-performers, having worked with World and Olympic Champions, as well as numerous medal-performing athletes in many sports.

After completing his MSc at Brunel University, Roberto was invited to lead to MSc and a BSc level psychology module whilst at the same time taking on a variety of roles within his consultancy practice. He became the National Performance Psychology Manager for the LTA and was a Football Association tutor, writing the FA Guide to Psychology in football.

Roberto is the founder and CEO of MYND, an evidenced-based digital audio personal development app. He can help your organisation perform better whilst at the same time increasing staff and management well-being and life and work satisfaction and as a by-product, helping with staff retention and loyalty.