

Brian Coones

TEDx SPEAKER | EMOTIONAL FITNESS

PERFORMING THROUGH PRESSURE

Keynote Experience | Leadership Experience | Breathwork Experience



Why Emotional Fitness Is the Advantage High Performers Need

Pressure is inevitable — how we respond to it is trainable. Brian helps leaders and teams build the emotional fitness to stay clear, resilient, and effective when it matters most.

AUDIENCES WILL:

01

Understand how pressure affects performance, decision-making, and leadership.

02

Learn to recognize and regulate stress before it takes over.

03

Build practical tools for greater resilience, clarity, and recovery.

04

Experience techniques they can use immediately, at work and in life.

People don't simply hear the message.
They experience it.

TRUSTED BY



"Get out of their heads and into their hearts..."

— FLOW



WATCH BRIAN'S
SPEAKER REEL