



ALI FLYNN

FOUNDER & CEO



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PROFILE

Ali Flynn is a high performance mindset and resilience coach, mental health advocate, and inspirational speaker. She is dedicated to empowering individuals to overcome challenges, maximise their potential, and thrive in both personal and professional pursuits. With a unique blend of expertise in psychology, clinical therapy and business strategy, Ali brings a fresh perspective to her role as a dynamic speaker, coach and facilitator.

EXPERTISE

Ali supports individuals in understanding and leveraging their emotions, motivations, reactions, behaviours, and beliefs to overcome challenges and enhance their mindset and performance. Through her globally recognised, chart-topping podcast, '**Challenges That Change Us**,' which ranks in the top 2% worldwide, Ali cultivates resilience and inspires audiences to prioritise mental wellbeing, tap into their energy, and find their zest for life, making a profound global impact. Her dynamic speaking style, enriched with personal anecdotes and practical insights, resonates deeply with diverse audiences., including elite athletes, high performers, leaders, corporate teams, community groups, and professionals across various industries.

KEY TOPICS

- **Achieving Peak Performance:**
Strategies for Physical and Mental Resilience
- **Building Boldness:**
Cultivating Resilience and Confidence in Uncertain Times
- **Well-Being Unleashed:**
Strategies for Optimal Mental Health
- **The Power of Mindset:**
Amplifying your attitude