



— MENTAL PERFORMANCE SPEAKER

# Neil Edge



## BIOGRAPHIES

### *SHORT (51 WORDS)*

Neil Edge - Athlete, Speaker, Coach. As an ultra-endurance athlete and mental performance coach, Neil faced his toughest challenge: cancer. Using his mental resilience techniques, he conquered both the racecourse and his diagnosis.

Neil now empowers leaders by optimising minds for success, turning adversity into opportunities for growth and peak performance.

### *MEDIUM (104 WORDS)*

Neil Edge - Athlete, Speaker, Coach. As an ultra-endurance athlete and mental performance coach, Neil faced his toughest challenge: cancer. Using his mental resilience techniques, he conquered both the racecourse and his diagnosis.

Drawing on his personal journey of overcoming challenges, Neil now works with organisations senior leadership teams to optimise their minds for success. He empowers them to become more resilient, adaptable, and innovative. Neil's work focuses on harnessing mental strength to turn adversity into opportunity, achieve peak performance, and drive transformational growth. By optimising their minds for success, Neil helps prevent burnout, stress, and fatigue, ensuring leaders thrive rather than just survive.

### *LONG (174 WORDS)*

Athlete, Speaker, Coach. Neil Edge is an ultra-endurance athlete and mental performance coach. Neil has faced and conquered immense physical and mental challenges, including a battle with cancer. His resilience and determination have become the cornerstone of his approach to coaching and leadership.

Neil draws on his personal journey to help organisations and leaders optimise their minds for success. By focusing on mental strength, he teaches how to prevent burnout, stress, and fatigue, rather than merely coping with them. Neil's strategies empower individuals to become more resilient, adaptable, and innovative.

He speaks passionately about optimising your mind for success, transforming adversity into opportunity, and driving transformational growth. Neil's philosophy is that when life presents challenges, it's not just about overcoming them, it's about harnessing them to create extraordinary success.

Neil's dynamic and engaging presentations inspire leaders to embrace mental resilience and leverage their challenges for unparalleled growth. His unique blend of personal experience and professional expertise makes his insights both relatable and impactful, helping individuals and teams to thrive and achieve their full potential.