

CHRIS
BARÉZ-BROWN

BUSY TO BRILLIANT
The art of doing less but achieving more

How to focus, flow and find brilliance in every day.

In a world addicted to busyness, most of us are running on autopilot. Chris helps people cut through the noise and find their natural rhythm – bringing more focus, calm, and creativity to every day. Blending behavioural science with his TiO app, he gives audiences a practical way to process thoughts, manage emotions, and make space for what really matters. The result? Less stress, more impact, and a life that feels as good as it looks.

PEOPLE LEAVE WITH...

- Sharper focus, calmer thinking, and decisions that feel clear.
- Simple tools to quiet the noise in their head and stop overwhelm running the show.
- A genuine sense of control, even when work is fast, messy, and demanding.
- More energy for the work and the life that actually matters.

THE RESULT?

More clarity. More impact. And days that feel lighter, calmly focused, and a whole lot more satisfying.



So much big talk about transformation... Chris actually delivers it. Time and again. Part art, part gift, part crazy man. He works his magic every time!

MARIA EITEL. FOUNDER AND PRESIDENT, THE NIKE FOUNDATION

To enquire about booking contact Chris Baréz-Brown at chris@uppingyourelvis.com | +44 (0)7973 736337