

# THE CORPORATE ATHLETE



## THIS KEYNOTE WILL:

- Show how to manage pressure and maintain performance without burnout.
- Reveal daily habits that protect energy and sharpen focus.
- Demonstrate how purpose fuels sustained motivation and engagement.
- Inspire people to think, train, and recover like elite athletes.

**Ever feel like you're running a marathon at sprint pace - trying to lead, deliver, and stay energised in a world that never slows down?**

Performance expectations keep climbing while time, focus, and energy keep shrinking. Burnout is no longer the exception - it's the environment. The Corporate Athlete reframes how we think about work, resilience, and purpose. Ezio Mormile draws on insights from psychology and elite sport to show how individuals and teams can sustain peak performance without paying the price of exhaustion.

Audiences step inside the locker rooms of the English Premier League, the Matildas, and UCI cycling champions as Ezio shares lessons from the world's best athletes and coaches. With over two decades working globally across elite sport and corporate leadership - including Amazon, Korn Ferry, and major telcos - Ezio reveals how high performers prepare, recover, and stay purpose-driven through uncertainty.

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**High energy,  
insightful & hilarious!**



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**Our people have been  
talking about it for days!**

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