

Sophie Bennett - Motivational Speaker

Motivation | Leadership | Communication



Sophie Bennett is the creator of the *5 Flames of Motivation*, an author, keynote speaker and facilitator. Highly regarded as an inspiring motivation and leadership speaker, she shares the latest findings from behavioural and neuroscience and delivers practical takeaways so audiences can build motivation and leadership skills.

Sophie is also a visiting faculty member at Cranfield School of Management, where she speaks on leadership, motivation and effective communication.

The **5 Flames of Motivation** keynote and workshops are used by organisations as a fun way to ignite positive leadership behaviours and improve communication. Sophie is also in demand as an inspirational speaker for in-house company events and team meetings.

Sophie holds advanced NLP qualifications including *Master Business Practitioner* and *Persuasion Engineering*. She is certified by the British Psychological Society for *The Neuroscience Professional Development Programme*. Her business experience includes IT consulting, leading multidisciplinary teams, executive coaching and was Head of Content at Dell. Before going into business she was a champion dressage rider.

Her book, ***Find Your Flame - Why Motivation Matters More Than Talent***, features interviews with 50 exceptional performers, uncovers what motivates them and reveals the qualities and practices that result in sustainable world class achievement.

THE 5 FLAMES OF MOTIVATION

Unlocking the mystery of motivation....

Sophie reveals the 5 Flames of Motivation, how to identify them and how to put them to work. Discover the latest neuroscience of motivation, how to use it to boost your own performance, and what you can do to inspire others around you to raise their game. Learn how to design 'Moments that Matter' that ignite, inspire and transform teams, customers and organisations.

LEADERSHIP HORSEPOWER

How do you get half a ton of horse, that doesn't speak English, and that can't visualise the outcome to put their heart and soul into the work? Overcoming that unusual challenge reveals the surprising parallels between equestrian sport and high stakes leadership. A talk about communication, listening skills, resilience, self-discipline, and winning mindset. Packed with stunning visuals and powerful takeaways that adds galloping value for mixed business audiences.

