

Gavin Freeman

Director at The Business Olympian

Melbourne, , AU

Business Olympian - Building high performing teams

Biography

Gavin's background is diverse as it is unique. He is a fully registered psychologist with over 12 years experience in both the sporting and corporate world. He has held a Directors position within a large consulting company as well as an internal head of HR. He specialises in developing excellence in high performing individuals and teams. His book, 'The Business Olympian' released in June 2008 captures the mental toughness lessons learned from elite athletes and how these skills can be easily transferred into the corporate world. Gavin consults to CEO's, Managers and Elite Coaches delivering a variety of experiential Performance Mastery Workshops, Leadership Development, Executive Coaching, and Team Building experiences. Gavin is a keen basketballer, albeit suffers from still thinking he is 21. His interests include 'playing with technology' general fitness and most importantly his 2 young children. He is currently working on his next three books and can usually be heard on one of the business radio shows across Australia and channel 7 sunrise program. He conducts a monthly podcast on mental toughness, interviewing CEO's and Executives gaining their perception on mental toughness. He holds a Bachelor of Science, and Bachelor of Psychology from University of Western Australia, a Master of Psychology from University of Southern Queensland and his MBA is from Deakin.

Availability

Keynote, Panelist, Workshop, Host/MC, Author Appearance, Corporate Training

Industry Expertise

Financial Services, Banking, Sport - Professional

Areas of Expertise

High Performing Teams, Performing Under Pressure, Leading Through Change, Building Your Mental Toughness and Resilience

Event Appearances

Building a high performing team
ARFF conference

Performing under pressure
Chamber of commerce

Education

Deakin

MBA

USQ

Masters Psychology

Accomplishments

Author Business Olympian

First book hit the book stores in 2008, three more on the way

Member of 2006 Olympic Team

team psychologist for the 2006 winter olympic team

Testimonials

Rod Leaver

A wonderfully engaging presentation that left the team understanding what it takes to be motivated and dedicated to be the best that they can.

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