

# Brent Pope – Keynote

Cheerful, easy-going and witty rugby pundit, Brent Pope is an engaging after-dinner speaker whose lessons in sport, mental well-being, sport coaching and media insight gives him an ideal platform to entertain and motivate individuals and businesses alike.

Brent entertains audiences at corporate and private functions with hilarious stories about the characters from his career as a rugby player and coach.

In his candid autobiography, 'Brent Pope: If You Really Knew Me', Brent talks openly about his rugby career and personal life. Brent speaks honestly and eloquently about his mental health issues having suffered anxiety attacks for many years.

## Topics Covered:

- Wellbeing Talks
- Mental Wellbeing
- Building Resilience

