

Felix Jones – High Performance

Felix Jones, a former standout rugby player and accomplished coach, hails from Dublin, Ireland. Renowned for his agility and composure on the field, Jones had a stellar playing career with Leinster, Munster Rugby and the Irish national team.

Transitioning seamlessly into coaching, Jones, with his wealth of experience, champions a philosophy focused on performing under pressure, collaboration, and achieving high performance. His coaching journey has seen him achieve notable success, including two Rugby World Cups as a coach.

Currently an influential figure in elite-level coaching, Felix Jones delivers compelling talks that draw parallels between sports and corporate success. His engaging narratives provide practical strategies for overcoming challenges, fostering collaboration, and attaining peak performance. Jones' journey from player to coach serves as a powerful testament to enduring principles of success beyond the rugby pitch.

Topics Covered:

- Performing Under Pressure
- Collaboration in Diverse Organizations
- High Performance
- What's the Process to Success

