



PENDULUM
2025

WORKBOOK



Table of Contents



Introductory Summary	02
Nick Santonastasso	03
Sanna Marin	05
Christine Armstrong	07
Ray Nolan	09
Bernard Jackman	11
Sinead Kane & Dr. Heather McKee	13
Jimmy Carr	15
Sugar Ray Leonard	17
Day One Takeaways	12
David Meade	21
Mary Portas	24
Dr. Lollie Mancey	26
Martyn Newman	29
Nuala Moore	31
Aisling Smith	33
Peter Ryan	35
Ant Middleton	37
Andre Agassi	40
Day Two Takeaways	42
Post-Summit Skills Integration Plan	44
CPD Reflection & Evidence Sheet	45
Conclusion	46

Introductory Summary



Welcome to your Pendulum Summit Vocational Training Course Workbook — a structured post-event resource designed to help you consolidate, reflect on, and apply the skills and insights gained during the Summit to your professional role.

This workbook supports the development of job-specific, transferable skills across key areas such as leadership, communication, innovation, change management, and performance enhancement.

Each speaker session within this workbook has been framed as a vocational training module, helping you:

- **Identify the professional learning outcomes from each session**
- **Translate those learnings into action within your organisation**
- **Document your reflections for CPD accreditation purposes**
- **Create a practical post-summit development plan**

This workbook is a recognised element of your vocational training journey. It forms part of the structured Pendulum Summit CPD-accredited course and is designed to support long-term skills application and ongoing performance development in the workplace.

How to Use This Workbook

This workbook is intended to help you embed the learning from Pendulum Summit into your day-to-day professional life. It transforms your summit experience into a structured vocational learning outcome. Use it to:

1. Review each speaker session as a training module — revisit key messages, insights, and frameworks covered during the Summit.
2. Reflect on your learning using the Reflection & Action Plan pages following each session — these are designed to help you extract the most relevant skills for your role.
3. Apply your learnings by identifying specific tools, ideas or behaviours you can implement in your work environment.
4. Create a professional development action plan — use the final pages of this workbook to set out a 30/60/90-day implementation plan and highlight areas for further development.
5. Support CPD certification — your notes, reflections, and actions documented here can be used as evidence of structured vocational training when submitting for CPD hours or internal learning records.

This workbook is yours to keep, revisit, and build upon — a record of your professional growth and a tool for practical skills transfer back in the workplace.

Unstoppable Mindset: Nick Santonastasso's Triumph Over Limits

Nick Santonastasso's journey is not just a story of overcoming adversity but a testament to the power of mindset, resilience, and the ability to transform obstacles into opportunities. Born with Hanhart Syndrome, a rare genetic condition that left him with no legs and only one arm, doctors gave him a 30% chance of survival at birth. His parents faced an unthinkable reality but made a life-changing decision—to focus on the possibility of life rather than the probability of loss. That choice would shape Nick's entire outlook, instilling in him the belief that perspective is everything. Despite growing up with significant physical challenges, Nick was determined to live life on his own terms. As a child, he refused to let his condition define him, adapting to everyday activities and competing in sports. However, beneath the surface, he battled feelings of isolation, insecurity, and self-doubt. The pressure to fit in, the stares, and the constant comparisons to others weighed heavily on him, leading to moments of deep frustration. His journey into bodybuilding and fitness became a turning point. When he declared his goal of becoming a bodybuilder, many doubted him, claiming it was impossible. Yet, he refused to accept limitations, training relentlessly and proving that the only real barriers are the ones we impose on ourselves. His transformation was not just physical but mental, giving him the confidence and discipline that would later propel him onto the world stage.

Nick's leap into motivational speaking was another defining moment. His charisma, authenticity, and powerful messaging caught the attention of global leaders, business icons, and athletes, earning him a place on Tony Robbins' international speaking tour. Sharing the stage with some of the world's most influential figures, he delivered high-energy, high-impact lessons on resilience, performance, and self-mastery.

Beyond the stage, Nick has built a thriving career in coaching and leadership training, working with entrepreneurs, executives, and elite performers. His philosophy—"high energy equals high results"—resonates deeply with those striving for success in business and life. He teaches that energy, focus, and mindset are the true determinants of achievement.

However, just as his career reached new heights, Nick faced an unexpected internal battle—one that many high achievers encounter. Even with his success, he realized that external accomplishments alone wouldn't create lasting fulfillment. This realization deepened his commitment to mental health, emotional intelligence, and helping others break free from self-imposed limitations. His ability to connect with people on a personal level, drawing from his own struggles, makes his message even more powerful.

Nick's next chapter is one of expansion and impact. Whether through speaking, coaching, or pushing his own physical and mental boundaries, he continues to prove that we are only as limited as our mindset allows us to be. His mission is clear—to help others break free from fear, embrace resilience, and create a life of limitless potential.

Nick Santonastasso's story is a living example that challenges don't define us—our response to them does. Through determination, community, and the willingness to push beyond comfort, he embodies the idea that the impossible is just an opinion. He is not just an inspiration—he is proof that, with the right mindset, anything is possible.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



Leading Through Crisis: Sanna Marin's Vision of Leadership and Resilience

In a compelling conversation, Sanna Marin, Finland's youngest-ever Prime Minister, reflected on the unprecedented challenges of her tenure and the principles that guided her leadership. Taking office at just 34 years old, she led a coalition government of five female-led parties, a historic composition that steered Finland through a period of extraordinary global upheaval.

Marin's time in office was defined by crisis management, balancing domestic policy ambitions with an onslaught of unforeseen global events, including the COVID-19 pandemic, the European energy crisis, the war in Ukraine, and subsequent economic instability.



Marin's leadership tenure was defined not only by crisis but by her determination to advance Finland's progressive agenda. Despite facing immense challenges, her government delivered 98% of its legislative programme—an exceptional accomplishment. Through reforms in education, healthcare, climate policy, and parental leave, she demonstrated that leadership in difficult times does not mean abandoning long-term progress.

Central to her leadership was trust and adaptability. Marin empowered her team, fostering collaboration and resilience. She stressed that in uncertain times, waiting for perfect information isn't an option—decisions must be made with courage and openness to change. Navigating global diplomacy, coalition leadership, and public scrutiny, Marin challenged the idea that age and experience alone define effective leadership. Her approach emphasized substance over perception and decisive action over hesitation.

A pivotal moment was Finland's decision to join NATO following Russia's invasion of Ukraine. Marin viewed the move as essential for national and regional security—a bold shift shaped by global realities and a recognition of the need for strategic autonomy.

Beyond geopolitics, Marin raised concerns about digital misinformation and social media's polarising influence. She advocated for stronger regulation and media literacy, highlighting the responsibility leaders have in protecting democratic integrity.

She also reflected on gender dynamics in leadership, noting the heightened standards and scrutiny women often face. Marin encouraged aspiring leaders not to wait to feel "ready," but to embrace challenges as catalysts for growth.

Ultimately, Marin's leadership reflects a people-centred ethos—focused not just on policy, but on motivating collective progress. Her journey continues to shape modern thinking on leadership, resilience, and purpose.

Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



Beyond 20/20: Enhancing Performance Through Visual Mastery

In a compelling exploration of modern work culture, Christine Armstrong—author, researcher, and workplace expert—delivered a thought-provoking talk that dismantled the outdated norms of productivity and leadership. Drawing on years of research and lived experience, Armstrong challenged the myth that simply working harder leads to better outcomes. Instead, she advocated for a radical shift in how we think about work—one that centres on well-being, connection, and intelligent design of our work lives.

She began by highlighting the unspoken truths of today's workplace—where long hours, relentless pressure, and digital overload are often mistaken for commitment. Armstrong emphasised that these behaviours are not sustainable and, more importantly, not productive. She called for leaders to understand that performance doesn't improve through burnout, but through a deliberate balance of rest, focus, and meaningful engagement.

A cornerstone of her message was the importance of psychological safety in teams. Armstrong illustrated how environments where people feel safe to speak, challenge ideas, and admit mistakes drive creativity, collaboration, and high performance. Trust, she argued, is not a soft skill—it is a performance lever.



From there, Armstrong expanded on how leaders must evolve to meet the demands of a rapidly shifting workplace landscape. She urged organisations to rethink the default structures of hybrid work, cautioning that simply transplanting outdated office habits into digital settings can erode morale and effectiveness. Instead, she championed intentional design—rethinking meeting culture, redefining communication norms, and creating rituals that preserve human connection across physical and virtual boundaries.

She also underscored the critical role of empathy and flexibility in supporting a diverse workforce. Acknowledging the challenges faced by working parents and caregivers, Armstrong advocated for leadership that is not only results-driven but also deeply attuned to individual circumstances and needs. By fostering inclusive, values-aligned work environments, leaders can cultivate loyalty, creativity, and sustainable productivity. Ultimately, Christine Armstrong's talk offered more than critique—it was a practical guide for leaders seeking to navigate complexity with clarity and compassion. Her message was clear: when organisations centre humanity, they not only thrive—they lead with purpose, resilience, and impact.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



Making It Happen: Ray Nolan on Entrepreneurial Grit and Real-World Business Building

In an engaging conversation hosted by Gary Fox, seasoned entrepreneur Ray Nolan shared candid reflections on the realities of business success—dispelling myths, challenging conventional thinking, and offering grounded, experience-led insights into what it truly takes to build impactful ventures. Best known for founding Hostelworld, Nolan brought to the Pendulum stage not only sharp business acumen but a disarmingly honest perspective on the grit, mistakes, and mindset that shape successful entrepreneurs.

Throughout the conversation, Nolan emphasised the value of keeping things simple and executing quickly. He argued that too many aspiring entrepreneurs get caught up in over-planning and overthinking, when real momentum comes from action and adaptability. His approach? Build something, test it, break it, and learn. It's a philosophy rooted not in theory, but in decades of hard-earned experience across multiple ventures.

A key takeaway from the discussion was Nolan's belief in building businesses that solve real problems. He challenged the notion that innovation must be flashy or complex—often, he noted, the most powerful businesses are those that meet a clear need in a simple, scalable way. This grounded approach resonated deeply with an audience seeking clarity in an often overhyped startup ecosystem.

Nolan also addressed the emotional side of entrepreneurship—the self-doubt, the imposter syndrome, the moments when things go wrong. He spoke openly about the importance of resilience, surrounding yourself with smart people, and learning from failure without letting it define you. His candour offered a refreshing contrast to the highlight-reel culture often associated with business success stories.

Looking forward, Nolan urged both entrepreneurs and leaders to focus on meaningful execution, not just grand vision. He underscored the importance of listening to customers, trusting instinct, and not waiting for permission to start. His message was simple but powerful: success is less about having a perfect plan and more about making things happen—step by step, setback by setback, win by win.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



From Pitch to Performance: Culture, Feedback and Resilient Leadership

In a compelling and highly practical keynote, former Irish rugby international and elite coach Bernard Jackman brought a refreshing blend of sporting insight, leadership strategy, and real-world psychology to the Pendulum Summit stage. Drawing from his extensive experience in high-performance environments, Jackman unpacked what it truly takes to build trust, drive accountability, and elevate teams from average to exceptional.

Jackman challenged traditional perceptions of leadership, stressing that success is not just about strategy—but about how you communicate, how you listen, and how you respond under pressure. “Your culture is defined by the worst behaviour you tolerate,” he stated, highlighting the vital role leaders play in setting and reinforcing team standards.

Central to his message was the power of feedback—not as a once-a-year formality, but as a living, breathing part of daily performance. “Feedback isn’t a confrontation. It’s a connection. It’s how we sharpen each other.” He encouraged leaders to embrace clarity over comfort and to build systems that reward honesty and personal growth.

Jackman also delved into identity and purpose, arguing that high-performing teams thrive when individuals feel both challenged and safe. “When people know they matter—and know they’re expected to deliver—magic happens.”

His talk blended coaching frameworks with human insight, offering attendees a powerful takeaway: performance isn’t driven by talent alone—it’s built through trust, accountability, and emotional connection. Jackman’s session was a standout call for leaders to lead not just from the front, but from within.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



Vision Beyond Sight: Dr. Sinead Kane on Resilience, Purpose and Limitless Potential

In a stirring and deeply inspiring talk, Dr. Sinead Kane shared her remarkable story of perseverance, challenging assumptions about disability, limitation, and human potential. As a visually impaired athlete, double doctorate holder, and world record ultramarathon runner, Kane spoke candidly about the barriers she's faced—and the mindset required to rise above them.

Her message centred on redefining what's possible. Kane highlighted how resilience is not about denying difficulty but embracing discomfort as part of growth. She underscored the importance of purpose, inner strength, and self-belief in driving performance, regardless of external obstacles.

Kane also explored how inclusion and accessibility empower people to thrive—not just survive. She encouraged organisations to rethink ability, focus on talent over limitations, and foster environments where everyone can contribute fully.

Ultimately, Kane's talk was a powerful reminder that resilience, grit, and ambition can take us further than we ever imagined—no matter what stands in our way.



DR HEATHER MCKEE The Habit Blueprint: Dr. Heather McKee on Building Lasting Behaviour Change

In a compelling talk, Dr. Heather McKee, Europe's leading behaviour change specialist, explored how sustainable success isn't achieved through willpower or intensity, but through small, consistent actions rooted in purpose. She challenged the obsession with quick fixes, advocating instead for identity-based habits—those aligned with who we want to become, not just what we want to achieve.

McKee explained that many people fail to sustain progress because their habits lack emotional connection and intrinsic reward. She encouraged attendees to embed joy and meaning into their routines, making behaviour change feel rewarding rather than restrictive. Practicality, she emphasised, is key—habits should be simple, flexible, and repeatable.

She also addressed the role of culture and environment in shaping consistency. Leaders, she argued, have a responsibility to build systems that support positive habits. Her message was clear: real transformation happens when our actions align with our values—consistently and intentionally.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from these sessions?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



Jimmy Carr: Humour, Perspective & the Psychology of Success

In a talk that was as insightful as it was hilarious, world-renowned comedian and author Jimmy Carr brought a distinctive blend of wit and wisdom to the Pendulum Summit stage. Far from a traditional keynote, Carr offered a sharp and engaging exploration of life, failure, identity, and self-worth—delivered with his signature dark humour and unflinching honesty.

Carr dismantled the idea that success is purely external, challenging the audience to reconsider how they define meaning in their lives. "Don't worry about what other people think of you," he quipped, "because they rarely do." That line, wrapped in humour, struck a deeper truth: much of our suffering comes not from reality, but from imagined perceptions and misplaced expectations.

A key theme of Carr's talk was the importance of embracing discomfort and rejection. He spoke candidly about his early career struggles, reminding attendees that resilience is built through friction. "Fail fast, fail often—because failure is the best tutor you'll ever have." He encouraged the audience to see criticism not as an obstacle, but as a compass pointing toward growth. Carr also tackled the psychology of identity, advocating for detachment from limiting self-narratives. "You're not your job. You're not your failures. You're not even your successes. You're just here—experiencing all of it." This philosophical undercurrent resonated strongly, offering a refreshing counterpoint to conventional self-help.

Balancing satire and substance, Carr emphasised that laughter isn't escapism—it's an essential tool for perspective. He suggested that humour allows us to look at life's most difficult truths without fear. "Laughter is a pressure valve. Use it. It's how we stay sane in a mad world."

His talk ultimately served as a reminder that personal development need not be solemn to be meaningful. With sharp delivery and profound insights masked in punchlines, Jimmy Carr demonstrated that comedy can be a powerful catalyst for introspection, connection, and change. As he closed, he left the audience with a final thought: "If you can't laugh at yourself... you're missing the best material."



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

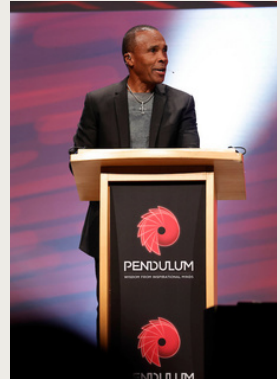
What might stop you from applying this learning — and how will you overcome it?



Championing Resilience, Focus and the Fighter's Mindset

In a captivating keynote, boxing legend Sugar Ray Leonard shared his remarkable life story, drawing from a career defined not only by athletic greatness but by resilience, purpose, and personal evolution. From humble beginnings to becoming one of the greatest fighters in history, Leonard's message went far beyond the ring—it was about mental discipline, overcoming fear, and finding strength in adversity.

Reflecting on the challenges he faced both inside and outside the ring, Leonard spoke openly about self-doubt and the inner battles that even champions face. "The mind is the strongest muscle you have," he said, underscoring the importance of mindset over physical power. He described fear not as an enemy, but a teacher: "I learned to respect fear—it kept me sharp, it kept me prepared." Leonard emphasised the importance of focus and consistency—habits that elevated his career and continue to shape his life philosophy. He detailed the psychological preparation behind every fight and how visualisation, discipline, and mental clarity helped him rise under pressure. "Discipline is doing what you don't want to do, when you don't want to do it," he noted—a mantra that resonated with professionals and leaders across all sectors.



Beyond sport, Leonard connected his lessons to leadership and performance in everyday life. He encouraged attendees to stay grounded, surround themselves with people who elevate their thinking, and remain adaptable in the face of setbacks.

His talk closed with a message of perseverance: success isn't always linear, and true champions are those who keep stepping back into the ring—regardless of the outcome. As Leonard reminded the audience, "It's not about how hard you get hit. It's about how you respond—and how you rise."

"Future-focused leadership is about vision, resilience, and the courage to embrace challenges head-on."



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



Key Takeaways from Day One:

- ✓ Resilience isn't just personal toughness—it's also a leadership imperative, as shown by Nick Santonastasso's remarkable story of transforming adversity into peak performance and purpose-driven empowerment.
- ✓ Psychological safety isn't just a team benefit; it's also a performance driver, as Christine Armstrong outlined through her people-first leadership insights.
- ✓ Habit-building isn't just about consistency; it's also about identity alignment, with Dr. Heather McKee emphasising the power of values-based change.
- ✓ Feedback isn't just performance management; it's also cultural architecture, with Bernard Jackman linking clear communication to high-performing environments.
- ✓ Accessibility isn't just inclusion; it's also innovation, as Sinead Kane demonstrated by challenging perceptions of ability and redefining excellence.
- ✓ Humour isn't just entertainment; it's also perspective, with Jimmy Carr showing how laughter can reframe setbacks and unlock emotional resilience.
- ✓ Focus isn't just concentration; it's also mental discipline, with Sugar Ray Leonard sharing how preparation and mindset shape peak performance.
- ✓ Courage isn't just responding to crisis; it's also leading change, as Sanna Marin demonstrated in shaping policy through uncertainty and principled leadership.
- ✓ Simplicity isn't just efficiency; it's also effectiveness, with Ray Nolan urging leaders to act, iterate, and solve real problems without overcomplicating.
- ✓ Self-mastery isn't just a personal goal; it's also a leadership principle, reinforced by stories across every session—each showing how internal clarity drives external impact.
- ✓ Growth isn't just about success stories; it's also about navigating discomfort, failure, and feedback—a thread that connected every speaker's journey on Day One.
- ✓ Perspective isn't just reflection; it's also a performance enhancer, reminding us that how we think about challenge often shapes how we overcome it.



End-of-Day Summary Page: DAY 1

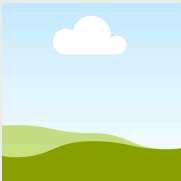
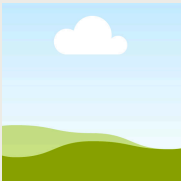
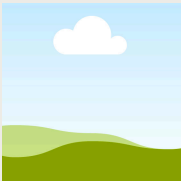
Most Valuable Insights Today:

Top 3 Practical Takeaways for My Role:

New Skills or Concepts Learned:

Team or Business Applications I'll Explore:

Any Outstanding Questions or Areas to Revisit:



DAVID MEADE

The Science of Impact: David Meade on Engaging Minds and Motivating Teams

Through his presentation, David Meade challenged traditional approaches to influence and motivation in the workplace. Drawing from behavioural science and real-world examples, he demonstrated that logic and information alone are rarely enough to change minds or inspire action. Instead, he stressed the importance of understanding human psychology—how people make decisions, what drives their engagement, and why emotional resonance often outweighs rational reasoning.

To elevate performance and communication impact, Meade introduced techniques rooted in behavioural economics. He highlighted the concept of cognitive bias, showing how subtle shifts in messaging and presentation can lead to significantly different outcomes. By aligning communication strategies with how the brain naturally processes information, leaders can achieve stronger buy-in and lasting behavioural change.

He also explored the role of storytelling and emotional framing as tools to influence attitudes and behaviours. Rather than relying solely on data or instruction, Meade encouraged leaders to craft compelling narratives that connect to people's core values and aspirations. These narratives, he argued, have the power to inspire action in ways that charts and bullet points never could.

Crucially, Meade emphasised the importance of intentional design in workplace interactions—whether it's a meeting, a pitch, or a change initiative. He argued that when leaders plan with purpose and psychological insight, they create environments that foster trust, attention, and enthusiasm.

David Meade's presentation was a compelling invitation to move beyond surface-level communication and embrace influence as a science. By applying evidence-based strategies and cultivating a deeper understanding of human behaviour, leaders can unlock higher levels of engagement and performance—transforming how they connect, inspire, and lead their teams.



For more content like this, sign up to [Pendulum-360 here](#)

Beyond Influence: 12 Lessons in Leadership from David Meade



Understand behaviour to influence with clarity and purpose.



Lead with emotion to connect and drive engagement.



Design every interaction with intention and strategy.



Build emotional commitment, not just surface awareness.



Model the behaviours you want your team to adopt.



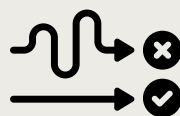
Establish trust as the foundation of lasting influence.



Use framing techniques to guide better decision-making.



Leverage storytelling to inspire and create impact.



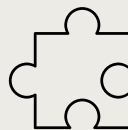
Simplify complex ideas through visual clarity and focus.



Make feedback a meaningful and everyday connection.



Create immersive experiences to drive real behavioural change.



Develop influence as a skill, not a personality trait.

Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



Reimagining Business: Mary Portas on Leading with Purpose and Humanity

In a compelling interview with Conor Byrne, Mary Portas outlined her vision for a more human-centred approach to business and leadership. Drawing from her experience as a retail expert and workplace reform advocate, Portas emphasised that modern organisations must move beyond profit as the sole metric of success, instead embedding purpose, empathy, and values into their operational core.

She reflected on the shifting expectations of consumers and employees alike, noting that people now seek meaningful connection—not just transactions. Portas argued that the most successful brands of the future will be those that champion integrity, transparency, and social responsibility, aligning business outcomes with cultural contribution.

A key point of discussion was the evolving nature of leadership. Portas challenged traditional, hierarchical models, advocating for leaders who prioritise collaboration, emotional intelligence, and inclusivity. She highlighted that empowerment and trust are not soft ideals, but essential drivers of performance and innovation in a post-pandemic world.

Throughout the conversation, she championed what she calls the “Kindness Economy”—a philosophy that merges commercial success with conscious leadership. Portas described how this approach can foster loyalty, creativity, and purpose across entire organisations, creating environments where people feel seen, heard, and motivated to do their best work.

Portas also acknowledged the tension many leaders face in navigating legacy systems while pursuing cultural transformation. However, she urged them not to wait for perfect conditions, stating, “Change happens when brave decisions are made, not when the environment is convenient.”

Ultimately, the conversation served as a rallying call to reimagine the purpose of work in the 21st century. By embracing a more human and values-led approach, Portas believes organisations can build cultures of resilience, connection, and long-term relevance.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



DR. LOLLIE MANCEY

Reclaiming the Future: Dr. Lollie Mancey on Leadership, AI and Human Potential

In a thought-provoking presentation, Dr. Lollie Mancey explored how leaders must navigate the accelerating impact of technology—particularly artificial intelligence—while anchoring their strategies in human-centred values. Drawing on her experience as a futurist and leadership expert, she emphasised that the organisations that thrive will be those that balance digital advancement with emotional intelligence, ethical responsibility, and cultural awareness.

Dr. Mancey challenged traditional leadership models, calling for a shift from dominance and expertise to symbiosis and adaptability. “The future of leadership isn’t knowing everything—it’s knowing how to integrate,” she explained, advocating for decentralised leadership models where AI becomes a team member, not a replacement. She urged organisations to develop “AI readiness,” not just in tools, but in mindset and capability. Leaders, she argued, must now become fluent in both people and platforms.



A core theme was the critical importance of understanding the unintended consequences of technology. Dr. Mancey raised ethical questions about algorithmic bias, digital burnout, and the outsourcing of memory and emotion to machines. “If you’re talking more to AI than to humans by 2030, what does that mean for identity, relationships and wellbeing?” she asked, prompting reflection on the emotional and psychological costs of hyper-connectivity.

She outlined a future where businesses must democratise their data, examine what they’re feeding into AI systems, and ensure technology amplifies—not replaces—human ingenuity. Mancey painted vivid scenarios of AI as a collaborator, assistant, and even emotional companion, warning against passivity in shaping these interactions. She emphasised the responsibility of leadership in setting the ethical parameters and ensuring inclusive innovation.

Crucially, she reframed the role of leaders not as tech adopters, but as cultural architects. “The organisations that succeed won’t just have digital tools—they’ll have digital wisdom,” she said, reinforcing the need to embed ethics, empathy, and foresight into every innovation decision. She encouraged leaders to invest in building collective intelligence within their teams—fusing diverse perspectives, lived experience, and creative thinking to respond to complex, rapidly evolving environments.

Dr. Mancey’s message was clear: the future will be shaped by those who lean into technology with consciousness, courage and humanity—reclaiming agency before it’s outsourced entirely.

Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

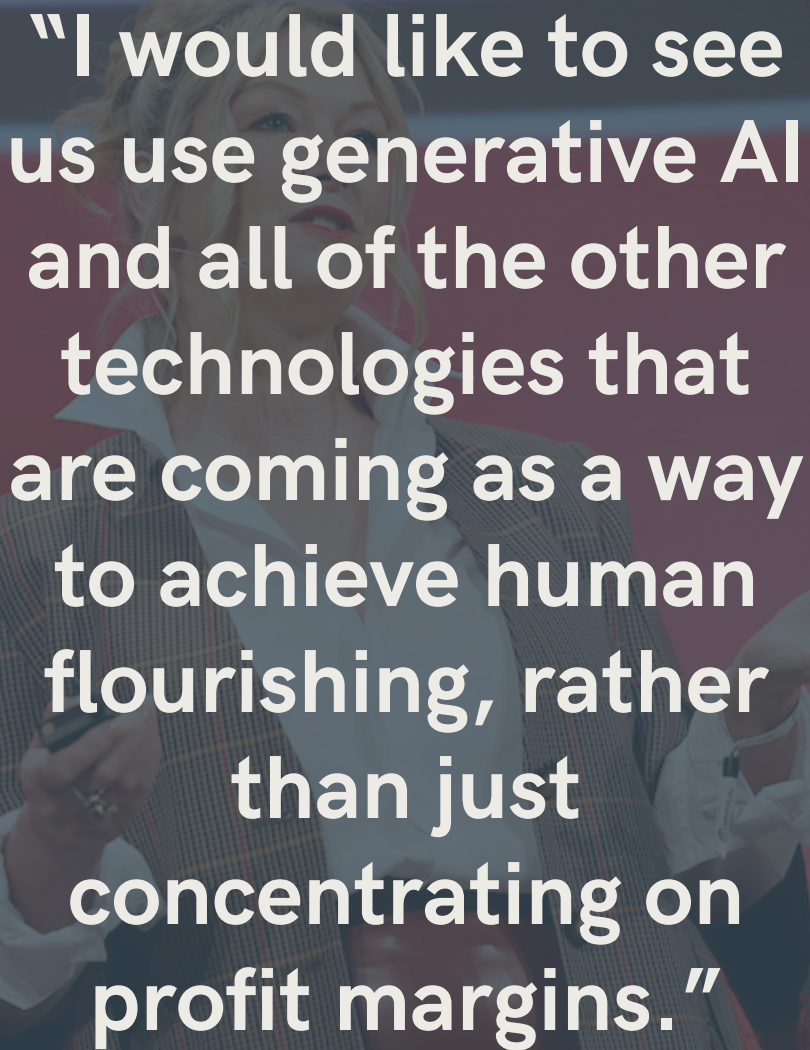
Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?





"I would like to see us use generative AI and all of the other technologies that are coming as a way to achieve human flourishing, rather than just concentrating on profit margins."

MARTYN NEWMAN

The Heart of High Performance: Emotional Intelligence and Leadership

Dr. Martyn Newman explored the critical role of emotional intelligence in high-performance leadership, arguing that self-awareness, empathy, and emotional regulation are not just personal attributes, but the foundation of sustainable business success. Drawing on decades of psychological research, he outlined how emotional capital directly impacts decision-making, collaboration, and resilience under pressure.

Newman emphasised that technical skills and intellect may open doors, but it is emotional competence that determines long-term effectiveness and influence. He introduced the concept of Emotional Capital Quotient (ECQ), a framework developed to measure and build emotional intelligence in leaders. Citing data from global organisations, Newman demonstrated how ECQ correlates with employee engagement, customer loyalty, and overall organisational agility.

A pivotal point in his talk was the idea that leaders must go beyond managing tasks—they must manage energy, emotion, and trust. He stressed the need to shift leadership identity from controlling outcomes to inspiring people, asserting, “Leadership is not about being in charge. It’s about taking care of those in your charge.”

Newman provided practical strategies for cultivating emotional capital, including active listening, self-reflection, and developing emotional literacy across teams. He urged leaders to intentionally build habits that reinforce trust and psychological safety—especially in fast-paced, uncertain environments where emotional climate can shape performance outcomes more than any strategy.

He also invited the audience to consider how they show up every day—not just in boardrooms, but in casual conversations, conflict situations, and team dynamics. “You’re not just leading projects—you’re leading people, and people remember how you made them feel,” he remarked. His talk served as a timely reminder that in a world of increasing complexity and automation, the ability to lead with humanity, purpose, and emotional clarity will define the leaders who not only survive—but thrive.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



The Confidence Within: Finding Power in Your Voice

Aisling Smith delivered an empowering presentation that explored the intersection of communication, confidence, and inner authenticity. Speaking from her extensive experience as a voice and presence coach—and her lived experience as an autistic woman—she guided the Pendulum audience through the often-overlooked journey of connecting with their own voice, both literally and figuratively.

She opened by challenging attendees to consider how they show up in the room, not just through words but through energy, presence, and self-awareness. Smith emphasised that effective communication is not about perfection, but about alignment—matching intention with vocal delivery and physical presence. “Your voice is not just a sound—it’s your story, your courage, your authority,” she noted.

Throughout the session, Smith demystified the fear around speaking up, highlighting how voice habits are often shaped by early conditioning, limiting beliefs, and cultural expectations. She encouraged participants to become curious about their vocal patterns and explore how breath, posture, and mindset influence their ability to communicate powerfully.

A key part of her message was the importance of embodied communication—owning not just the content of your words, but the way you deliver them. Through gentle, practical techniques, she demonstrated how small shifts in breathing and tone can create significant changes in confidence and clarity.

Smith also addressed the emotional weight of finding and using one’s voice—particularly for those who may have been conditioned to shrink, soften, or second-guess themselves. Her message resonated deeply: empowerment begins with awareness, and confidence is not a fixed trait—it’s a practice.

By the end of her session, Aisling Smith had equipped attendees not only with tools for better speaking, but a renewed appreciation for the power of presence, authenticity, and vocal self-expression. Her insights offered a pathway to reclaiming personal authority—one breath, one word, one intention at a time.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



NUALA MOORE

Swimming Into the Unknown: Fear, Fortitude and Human Limits

In a moving and reflective session, Nuala Moore brought the audience deep into the cold, uncharted waters of both the ocean and the human spirit. An open-water and ice swimmer who has conquered some of the most extreme conditions on the planet, Moore used her remarkable experiences to explore the boundaries of fear, resilience, and identity.

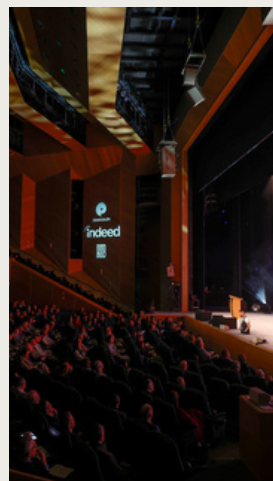
She began with a raw recounting of her journey into extreme swimming—an environment where isolation is constant, fear is ever-present, and survival hinges on preparation, mindset, and connection to self. For Moore, the sea has become more than a physical challenge; it's a metaphor for navigating the unknown in all aspects of life.

Moore spoke candidly about confronting fear—not with bravado, but with presence. "I don't swim to beat fear—I swim to understand it," she shared. Her philosophy resonated deeply with the audience, reframing fear not as an enemy, but as a guide. Through her tales of navigating freezing currents and pitch-dark waters, she highlighted how true strength is built not by eliminating vulnerability, but by befriending it.

Her story also touched on identity—how we shape it, how we lose it, and how we reclaim it in unfamiliar territory. In the ocean, Moore explained, everything is stripped away—ego, comfort, control—leaving only the essence of who we are. It's this raw encounter that has shaped her understanding of courage, leadership, and what it means to endure.

She left the audience with a powerful reflection: the world doesn't always need louder voices—it needs deeper ones. And in the depths, whether in water or within ourselves, we often find clarity.

Nuala Moore's talk was a powerful call to face our own depths with grace, to embrace discomfort as part of growth, and to swim steadily forward—even when we can't yet see the shore.



"IT'S HOW WE DEFINE THE RISKS, AND IT'S HOW WE DEFINE OUR PREPARATION."

Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



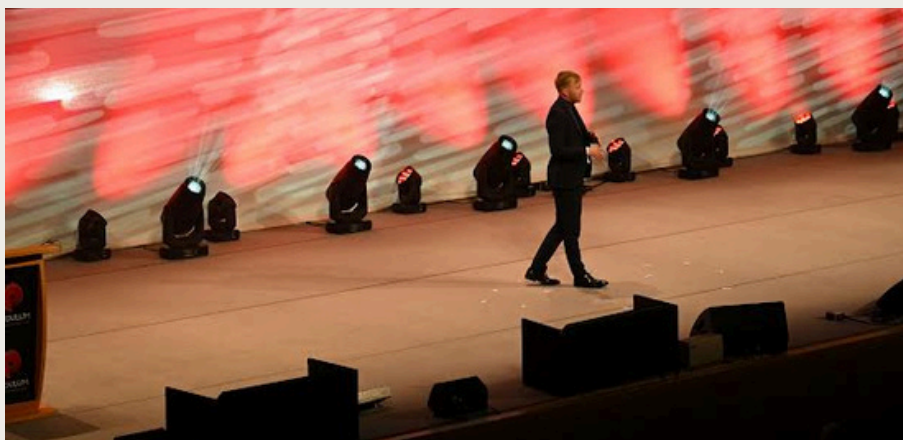
Perspective and Perseverance: Peter Ryan on Reframing Challenge and Driving Forward

Peter Ryan delivered a powerful and deeply personal talk centred on the theme of resilience, perspective, and reframing adversity. As a former elite athlete turned Paralympian after losing his sight due to a rare genetic condition, Ryan's story is a testament to human adaptability and the power of inner strength in the face of unexpected life disruption.

He spoke openly about the emotional turmoil and identity crisis that followed his diagnosis, highlighting how the shift in perspective—from despair to determination—became the cornerstone of his journey. "It's not what happens to you, it's what you choose to do next," Ryan emphasised, urging the audience to find opportunity in challenge.

Ryan shared the importance of mindset and reframing, describing how adopting a purpose-driven attitude allowed him to find a new path, eventually competing at the highest level in tandem cycling. His story was not one of inspiration for its own sake, but a practical demonstration of the impact of self-awareness, emotional honesty, and commitment to meaningful goals. He also addressed the often-overlooked value of vulnerability, describing it not as weakness but as a gateway to authentic connection and personal growth. Ryan underscored how support systems—mentors, teams, communities—play a critical role in individual progress, and he encouraged attendees to seek help and offer it in return.

Crucially, Ryan highlighted the significance of storytelling—not just to motivate others, but to reframe our own narratives and redefine our limitations. He left the audience with a call to action: to shift focus from barriers to possibilities, from excuses to purpose. His session was a compelling reminder that resilience is not innate—it's cultivated. And when we choose to shift our lens, we often find that our greatest challenges can unlock our greatest potential.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



Fearless Forward: Leadership, Mindset and Harnessing Inner Strength

Ant Middleton, former Special Forces soldier and bestselling author, delivered a high-impact keynote that blended raw energy, practical leadership insights, and personal reflection. Opening with a dramatic gesture, Middleton invited several audience members on stage, immediately setting a tone of active engagement and challenge. This immersive start reflected the very essence of his message: leadership isn't theoretical—it's experiential.

Middleton's talk focused on the mental and emotional foundations of high performance, shaped by his experiences in the military and extreme environments. He spoke of fear not as something to be eliminated, but as a powerful motivator to be harnessed. "Fear is your best friend if you learn to manage it," he said, urging attendees to lean into discomfort rather than retreat from it.

A key thread throughout his presentation was the role of self-discipline and mindset. He highlighted the power of emotional control under pressure, recounting how clarity and composure saved lives in combat—and how the same principles apply in business and personal leadership. "Control the controllables," he reminded the audience, reinforcing the importance of internal resilience in chaotic circumstances.

Middleton challenged the audience to break free from limiting beliefs and to confront self-doubt head-on. He encouraged reframing adversity as opportunity, revealing that his most significant personal growth occurred when he stopped seeing hardship as punishment and started viewing it as preparation. "Your true character is forged in the fire of your toughest moments," he reflected. Throughout his session, he stressed that real leadership begins with self-leadership. His message was as much about accountability as inspiration—taking ownership of choices, actions, and the energy we bring to those around us. Middleton's no-nonsense delivery, mixed with moments of deep vulnerability, left the audience with a clear takeaway: courage isn't the absence of fear—it's the decision to act in spite of it.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



"The fear of the unknown, the fear of not being good enough, the fear of failure... everyone has their different fears.

If you can be honest with yourself, which is even more important, then ultimately—that fear loses power."

The Game Within: Andre Agassi on Identity, Adversity and Living with Purpose

Andre Agassi took to the Pendulum Summit stage for a reflective and deeply human fireside conversation with Nick Webb, offering a rare glimpse into the emotional terrain behind one of tennis's most celebrated careers. As the headline speaker, Agassi opened up with candour and clarity, sharing a story not just of sporting excellence but of internal struggle, identity formation, and the search for meaning beyond achievement.

He spoke openly about the dissonance between his early fame and personal truth—how success on the court came with a profound sense of detachment. "I hated tennis," he admitted, describing how pressure, isolation, and identity confusion shaped much of his early career. Agassi's narrative reframed the common narrative of the 'driven athlete', instead highlighting the emotional complexity and unseen cost behind relentless performance.

A pivotal shift occurred when Agassi began to redefine success—not by wins or rankings, but by alignment with values and contribution. He reflected on the transformative power of service, speaking passionately about his work in education through the Andre Agassi Foundation. This shift in purpose, he noted, was what truly grounded him, offering clarity and direction where fame could not. He explained how building schools in underprivileged communities provided him a deeper, more enduring sense of fulfillment—"a kind of victory that has nothing to do with trophies."

Throughout the conversation, Agassi touched on the psychological tools that helped him endure and evolve—self-reflection, humility, and embracing vulnerability. He rejected perfectionism in favour of authenticity, and encouraged the audience to reconsider how they measure their own worth. "It's not about what you do, but who you are while you do it," he shared—a line that resonated powerfully across the room.

Agassi also reflected on the importance of relationships, acknowledging the pivotal role of his family and inner circle in keeping him grounded through the peaks and valleys of fame. He discussed the role of mentorship and emotional safety, emphasising how a sense of belonging and honest dialogue helped him maintain balance amid chaos.

In closing, Agassi's presence was a reminder that even the most lauded champions carry complex, human stories beneath their accolades. His talk served not just as a career retrospective, but a compelling invitation to look inward, pursue growth beyond success, and live with integrity at every stage of the journey.



Application & Implementation Plan

Key Learning Points:

What were the most impactful concepts, strategies, or insights from this session?

Application to My Professional Role:

How can I apply this learning to my current role or organisation?

Actions I Will Take:

List 2-3 actions or behavioural changes you plan to implement.

Skills to Develop Further:

What areas do you want to build on or explore further?

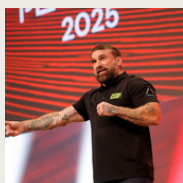
Potential Challenges & Solutions:

What might stop you from applying this learning — and how will you overcome it?



Key Takeaways from Day Two:

- ✔ Perspective isn't just mindset—it's a transformative tool, as Peter Ryan's journey showed through his powerful reframing of adversity into purpose and personal evolution.
- ✔ Fear isn't just something to overcome—it's something to understand, as Nuala Moore demonstrated by embracing discomfort and diving into the unknown to unlock resilience.
- ✔ Leadership isn't just about control—it's about accountability, self-discipline, and action, with Ant Middleton showing how inner strength is forged through embracing fear, not avoiding it.
- ✔ Success isn't just achievement—it's identity alignment, with Andre Agassi revealing how contribution and authenticity matter more than accolades or public perception.
- ✔ Voice isn't just sound—it's presence, power, and identity, as Aisling Smith reminded us, encouraging deeper self-expression rooted in authenticity, neurodiversity, and radical self-acceptance.
- ✔ Emotional intelligence isn't just a leadership asset—it's a performance imperative, with Martyn Newman underscoring how emotional capital shapes trust, influence, and results.
- ✔ Technology isn't just innovation—it's a human challenge, as Dr. Lollie Mancey urged leaders to pair digital readiness with ethical consciousness and emotional depth.
- ✔ Purpose isn't just a corporate buzzword—it's a cultural foundation, with Mary Portas showing how businesses can thrive by embedding values into leadership and brand identity.
- ✔ Influence isn't just communication—it's behavioural design, as David Meade highlighted how understanding psychology drives meaningful engagement and lasting change.
- ✔ Growth isn't just about grit—it's about emotional honesty, as Peter Ryan and others reminded us: real strength often begins with vulnerability and asking for help.
- ✔ Connection isn't just communication—it's energetic alignment, with Aisling Smith and Mary Portas showing how authentic presence builds trust far beyond what words can achieve.
- ✔ Reflection isn't just looking back—it's a strategy for clarity and leadership evolution, echoed by speakers like Agassi, Meade, and Mancey who all highlighted the power of inner work in shaping outer impact.



End-of-Day Summary Page: DAY 2

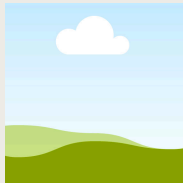
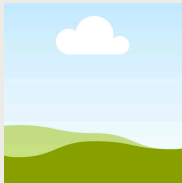
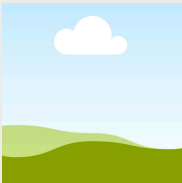
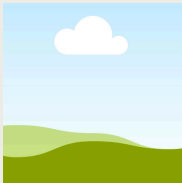
Most Valuable Insights Today:

Top 3 Practical Takeaways for My Role:

New Skills or Concepts Learned:

Team or Business Applications I'll Explore:

Any Outstanding Questions or Areas to Revisit:



Post-Summit Skills Integration Plan

30/60/90-Day Implementation Plan - Skills I will focus on:

30 Days: _____

60 Days: _____

90 Days: _____

Planned Actions/Projects Using These Skills:

Support or Resources I Need:

Who in my organisation/team should be involved in this application?

How will I measure the impact of this learning?



Final Summary Page – CPD Reflection & Evidence Sheet



CPD Summary: Professional Reflection Sheet

Total Hours of Vocational Training Completed at Pendulum Summit: __ hours

Key Areas of Professional Development Covered:

- ☐ Leadership & Management
- ☐ Communication Skills
- ☐ Emotional Intelligence
- ☐ Change Management
- ☐ Innovation & Creativity
- ☐ Digital Strategy / AI for Business
- ☐ Sales / Marketing / Customer Experience
- ☐ Performance Psychology
- ☐ Professional Resilience & Stress Management
- ☐ Networking & Relationship Building
- ☐ Strategic Thinking



My Key Learning Outcomes from the Summit:

Summary of How This Learning Will Be Applied Professionally:

Evidence of Learning (Attached Reflection Pages): Yes / No

You may use this sheet when submitting for CPD credits or professional body records.

CONCLUSION

Just The Beginning

As the Pendulum Summit 2025 draws to a close, we reflect on the incredible insights, powerful stories, and transformative ideas shared by our exceptional speakers. This year's summit has been an extraordinary journey through leadership, resilience, innovation, and personal growth—delivered with authenticity, candour, and heart.

We delved into the minds of trailblazers like Andre Agassi, Ant Middleton, Mary Portas, Sanna Marin, and Sugar Ray Leonard, whose stories of purpose, performance, and perseverance left us inspired and invigorated. Their messages reminded us that true impact comes not just from success, but from the courage to evolve, connect, and lead with meaning.

Pendulum Summit has always been about more than keynote sessions—it's a catalyst for change, a gathering of ambitious minds committed to personal and professional excellence. This year, we explored the depths of human potential, the strength of emotional intelligence, the power of a positive mindset, and the importance of unity in overcoming challenges. Every session was a testament to the strength that lies within and among us—ready to be harnessed for growth, fulfilment, and impact.

We are immensely grateful to everyone who joined us—our phenomenal speakers who shared their wisdom, and our engaged attendees whose energy and presence made this event truly special. Your participation is what continues to make Pendulum Summit the world-class experience it is.

As we look ahead, we are already brimming with ideas to make Pendulum Summit 2026 even more impactful. The journey of growth never ends—and we're thrilled to continue walking it with you. Thank you for being part of this unforgettable experience. Until we meet again, may you carry forward the inspiration, insights, and momentum to spark meaningful change—in your work, in your life, and in the world around you. See you at the next Pendulum Summit, ready to explore new horizons together.





PENDULUM 360°

EXPERIENCE PEDULUM 2025 PRESENTATIONS ON-DEMAND AND 100+ PAST SUMMIT PRESENTATIONS

THE PENDULUM 360° E-LEARNING AND LIFESTYLE PLATFROM INCLUDES:

SIGN UP TODAY
TO GET THIS
AMAZING DEAL

ONLY €360 *was €995*
save €635

- Pendulum Inspired Leadership Programme (accreditation pending) consisting of 8 high impact modules created by distinguished academics & practitioners such as Dr. Trish Gorman MBA PhD
- 20+ highly targeted micro-learning courses delivered in a Netflix-style format and covering all areas of personal wellbeing and professional development
- Access to 100+ previous Pendulum Summit presentations from Sir Richard Branson, Jack Canfield, Lisa Nichols, Bob Proctor, Dr Deepak Chopra, Randi Zuckerberg and all of the 2025 presentations also included!
- Bespoke leadership profiling & learner pathways
- CPD accredited & certificates of achievement
- Membership to a thriving international community
- Access on any device through our Pendulum-360 app, worldwide, across all time zones

Company Packages:

€3000 - up to 20 licenses

€5000 - up to 50 licenses

€10,000 - up to 200 licenses

€15,000 - up to 500 licenses

€20,000 - up to 1000 licenses

SIGN UP

Full Bespoke Company & Group Packages Available

Contact welcome@pendulum-360.com or **SIGN UP NOW** for this amazing deal

FRONT ROW SPEAKERS



Front Row Speakers is a full-service speakers bureau and talent booking agency specialising in live and virtual corporate speaking events. For more than 15 years, Front Row Speakers has helped connect event organisers with the best keynote speakers, MCs and hosts, and entertainers in the world.

At Front Row Speakers, we specialise in:

- Securing guest speakers, MCs and entertainers from our extensive network
- Sourcing new and emerging speakers not agency listed
- Producing live and pre-recorded virtual events (webinar fees can be up to 50% less than in-person rates)

Our speakers are available to enhance your event, whether you are hosting a conference, annual dinner, fundraising lunch, in-house training event, client event, boardroom roundtable or executive masterclass. We have unparalleled global contacts and relationships with the leaders of today and tomorrow in all aspects of business, sport, performance, adventure, global politics, A.I., new technology, future of work, wellness and any number of other emerging topics.

Whether you have a specific speaker or topic in mind or need some inspiration and insight, get in touch with Front Row Speakers to discuss your event. We specialise in sourcing speakers, MCs, entertainers and emerging talent from around the world.

"The logistics support and pre-event preparation they provide is second to none. Front Row exceeded my expectations on all accounts."

"We have worked with Front Row on a number of events. The customer service is exceptional, the booking process is streamlined, and the selection of speakers is second to none!"

"Front Row are creative, diligent, engaged and, most of all, 100% trustworthy. I look forward to working with them again."

Call Front Row Speakers on +353 (0)1 485 3991 or email welcome@frontrowspeakers.com.



PENDULUM

PENDULUMSUMMIT.COM

Pendulum Summit, The World's No. 1 Leadership & Self Empowerment Summit will be back at the **Convention Centre Dublin on January 7th & 8th 2026**. Our annual inspiring and actionable 2-day programme brings together the best orators & authorities on the planet to share their insights and empower our delegates to maximise their impact and potential in all aspects of their lives.

Pendulum delivers solutions in vocational training for individuals, companies, and business clients, covering leadership, high performance, self-empowerment, and a myriad of other professional growth areas. Our structured programme begins with Pre-Summit Preparation spanning 1 week, ensuring participants are primed for the experience. This is followed by Summit Attendance across 2 transformative days, where the networking extravaganza shines as another world-class feature, brilliant for team building, business acquisition, and leveraging company branding opportunities via our world-class expo and partnership opportunities. The journey doesn't end there; Post-Summit Integration & Skill Building is an ongoing, self-paced course designed to embed the learning and maximize the impact on your professional life.



BOOK NOW

Pendulum 2026 Tickets Now Available

January 7th & 8th - Convention Centre Dublin

Pendulum Workshops

But why stop there? Pendulum Summit also offers bespoke workshops tailored to your company's unique needs. Whether you're looking to inspire innovation, boost team dynamics, or enhance leadership skills, our custom workshops are designed to deliver targeted outcomes, leveraging the insights and energy of the Summit to benefit your organisation directly.



"Reflecting on the incredible two-day Pendulum Summit workshop, I'm compelled to share how it transformed my approach to leadership. This experience wasn't just about absorbing knowledge; it was about uncovering personal areas for growth and receiving practical tools for immediate application. I left energised, equipped with strategies that I've already started implementing. A truly invaluable experience for anyone looking to elevate their leadership skills."

Call Pendulum Summit on +353 (0)1 685 3370 or email welcome@pendulumsummit.com to discuss your bespoke workshop



PENDULUM



Pendulum Summit

welcome@pendulumsummit.com

www.pendulumsummit.com

