

Keynote Speaker on Resilience in Times of Change, Mental Health & Philosophy

Ben Aldridge

Ben Aldridge is Bestselling author and resilience keynote speaker. He helps teams stay mentally strong, adaptable and steady when things get hard. Change is inevitable. Turbulence, uncertainty and pressure are not going away… but how we respond to them is something we can train. Ben Aldridge shows audiences how to build resilience by deliberately seeking out discomfort, on purpose, before life chooses it for us. His approach is rooted in an ancient practice called askesis: choosing voluntary discomfort as training for the challenges we cannot choose. Blending ancient philosophy, modern psychology and lived experience, Ben gives audiences a practical and…

Topics

- Change Management
- Crisis Management
- Extreme Sports / Adventure
- Humour / Entertainment
- Lifestyle / Longevity
- Motivation
- New at Premium Speakers
- Resilience / Mental Health

Languages

- English

Details & contact information

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