



## James Hewitt

A performance scientist, speaker and author, with over 15 years of experience in human high performance.

### KEY TOPICS

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- Learnings from Sport for Business
- The Future of Work
- Health & Wellbeing in the Face of Digital Disruption
- Sustainable High-Performance Knowledge Work

### BIOGRAPHY

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James' fascination with human performance grew while he was a full-time racing cyclist and subsequently during his work as a coach. Observing many of his clients pursuing endurance sports alongside demanding, high-intensity careers, he became curious about their working lives and began to apply tools and frameworks from sports science to quantify and improve his understanding of knowledge work.

This created the foundation for his work at Hints Performance and his research today, which includes consulting for Formula 1 drivers & teams, advising Fortune 500 C-suite executives, and academic research using novel methods to investigate sustainable high performance in knowledge work. In addition to his role as Chief Innovation Officer at Hints Performance, James is a PhD candidate and researcher at Loughborough University, ranked as #1 in the world in Sport, Exercise & Health Science by QS World University Rankings. As a keynote speaker and workshop leader, James is well respected for his energy, inspirational perspectives & his capacity to translate science into practical tactics & effective strategies to enhance wellbeing & performance at an individual & organisational level. He is consistently ranked among the top speakers at the events he contributes to, including at the World Economic Forum Annual Meeting in Davos. In 2018, he won the Nordic Business Forum speaker contest, going on to speak for an audience of 7,500 people at the Nordic Business Forum's annual business conference, as part of a formidable line-up including former President Barack Obama. Alongside his keynote presentations, James also delivers workshops and presentations for international business schools including IMD, University of St.Gallen (HSG) and Duke, and for scientific organisations including the Royal Institution.

### WHAT PEOPLE SAY

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*"I have had an opportunity to benefit from James Hewitt's teaching, workshops and keynotes - including his personal*

*coaching insights on sustainable high performance - for a few years now. He has managed to take the pursuit of this vitally important leadership dimension to a wholly new level. Most importantly, the insights are broken into every day practical applications with immediate benefits for my self-leadership, and indeed the underlying performance culture of my leadership team. To change human performance to the better is, in many ways, the ultimate challenge for any leader - James is a true game changer, helping any leader or organisation to reach this ambitious goal."*

**— CEO, Global Cyber-Security Technology Company**

*"James received really high customer evaluation. He empowered the audience with take aways that are easily put into practice. The message was all science-backed and the presentation was exciting. On top of that James was super nice and easy to work with."*

**— Head of Speaker Relations, Leading International Business Conference**

*"James was a keynote speaker during UBS Global Health Week. He captivated the audience from the first minute of his presentation till the very end. His speech was dynamic and passionate. It was not only the speech that was amazing, but the fact that within an hour of his presentation, James managed to inspire a lot of people to make a change in their lives, or at least, to consider making a change. I highly recommend James Hewitt as a speaker if you want to bring a change and innovation in your business."*

**— UBS**