

BRETT BURTON

Global Keynote Speaker

HIGH PERFORMANCE • RESILIENCE • LEADERSHIP



21 YEARS
IN ELITE SPORT



15,000+
LEADERS EQUIPPED



GLOBAL
KEYNOTE SPEAKER

FROM ADVERSITY

To high performance

BRETT IN ACTION

Brett Burton turned an industry-defining sacking into a blueprint for human performance - and now teaches thousands how to do the same. Across 21 years as an AFL player, high-performance coach, and senior leader, he learned firsthand what it takes to perform consistently at the highest level. After suddenly losing his career, Brett spent years studying the practical science of physical, mental, and emotional recovery, transforming his personal setback into a scalable system for resilience and high-performance leadership. Today, his workshops have equipped over 15,000 leaders worldwide with the daily habits to perform at their best, overcome challenge, and positively influence those around them.

SPEAKING EXPERIENCE



Microsoft



ADBRI



BUNGE

Rabobank

SIGNATURE TALKS

01 High-Performance Leadership: Built To Come Back

A powerful blueprint for turning adversity into sustained high performance.

02 High-Performance Teams: Leading Connection

A compelling keynote that unpacks the key dimensions of high performing teams and strategies to build genuine team connection.

03 High-Performance Habits: The Fundamentals of Success

This transformative keynote explores the science of changing human behaviour and creating consistent habits and the practical systems high performers use to build a culture of success.

04 High-Performance Mindset: The Power of Optimism

A practical keynote on how to develop an optimistic mindset, perform under pressure and lead through challenge.



“Brett delivered an exceptional presentation for our Physical Security leadership team, combining deep high-performance expertise with practical, actionable behaviours. The session sparked meaningful reflection, strengthened team connection, and sharpened how we operate day to day.”



Microsoft

ROB CONDINA

Microsoft, APAC - Director Regional Security Operations Leader



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01 IF YOU'RE FOCUSED ON WELLBEING AND RESILIENCE...**High-Performance Leadership: Built to Come Back**

A powerful blueprint for turning adversity into sustained high performance.

Through Brett's raw, real-life story and science-backed strategies, this keynote shows how to rebuild from adversity by restoring your energy, choosing optimism when it matters most, leading with calmness and investing in the connections that sustain you.

Your audience will leave inspired and equipped with a clear, practical high-performance system to re-energise, reset and re-connect – so they can lead themselves and others to be high performing tomorrow.

LEAD WELLBEING & RESILIENCE.
LEAD HIGH PERFORMANCE.

03 IF YOU'RE FOCUSED ON HABITS FOR BEHAVIOURAL CHANGE...**High-Performance Habits: The Fundamentals of Success**

High performance isn't built on occasional extraordinary actions – it's built on the fundamentals, done consistently. But changing our habits is hard.

This transformative keynote explores the science of successfully changing human behaviour, how to break the cycle of unhelpful habits and the practical systems high performers use to create an environment that makes consistency easier.

Your audience will leave inspired and equipped with practical tools to turn intention into action, make positive behaviours stick and build the daily habits that sustain high performance.

LEAD HABITS & BEHAVIOURAL CHANGE.
LEAD HIGH PERFORMANCE.

02 IF YOU'RE FOCUSED ON TEAMWORK AND CONNECTION...**High-Performance Teams: Leading Connection**

High-performing teams don't happen by chance – they're built through intentional leadership to create an environment where each team member can perform at their best.

This compelling keynote unpacks the key dimensions of high performing teams and strategies to build genuine team connection.

Your audience will leave inspired and equipped with a clear understanding of what drives high-performing teams and practical tools for building team alignment and accountability and fostering a culture of care and trust that builds genuine connection within their teams.

LEAD TEAM CONNECTION.
LEAD HIGH PERFORMANCE.

04 IF YOU'RE FOCUSED ON MINDSET AND GROWTH...**High-Performance Mindset: The Power of Optimism**

The best high performers across domains consistently operate with an optimistic mindset and optimism isn't blind positivity – it's a trainable skill.

This thought-provoking keynote blends high-performance experience with neuroscience, to equip leaders with practical strategies to see possibility under pressure, respond with intention, and lead through everyday challenge and adversity with calmness.

Your audience will leave inspired and equipped with practical skills to be more self-aware, reframe stress, develop emotional control under pressure and build an optimistic mindset that sustains high performance, no matter the circumstances.

LEAD MINDSET & GROWTH.
LEAD HIGH PERFORMANCE.



Brett's talks can be customised to suit any audience



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