



Derek Leddie *Bachelor of Business, Adv Dip Yoga Teaching*

Derek Leddie is the co-founder of the high-performance leadership consultancy, Collective Mind, and is a highly experienced Executive Coach, Team Trainer, and Speaker.

For the last decade, Derek has been obsessed with inventing and validating the most cutting-edge model of leadership and human development. Collective Mind believes they have created the most holistic mindset and biology coaching program that integrates performance-based mindset training, mental skills profiling, biometric wearables, stress hormone testing, epigenetic profiling, and a tailored toolkit of mindset tools to help people be remarkable at work and at home. This is coaching on a whole different dimension.

A researcher by trade, Derek is apt at taking complex data from many sources and simplifying it into clear insights. He has now applied this skill to the complex area of neuroscience and biology-based performance.

Derek has been an entrepreneur since the age of 27. He knows what it is like to lead a rapidly-growing, complex, global business. He has experienced the stress pressures, the overwhelm, the endless to-do list, the continuous change, and the complexity of leading and managing people. The global business he founded (and led to a sale 15 years later) was The Leading Edge Market Research Consultancy. The Leading Edge had offices in Sydney, Melbourne, Singapore, London, and New York and clients all around the globe. Derek held the positions of CEO, Director, Board Member, and Chairman across a number of companies.

Derek draws from an extremely unique set of ingredients: decades of coaching high-performance leadership, being an experienced researcher who was renowned for presenting complexity in a simple way, add to that a heavy dose of entrepreneur, mixed in a bowl of the latest neuroscience and biology-based mindset performance wisdom, served with a side of yoga and mindfulness teacher.

Today Derek's satisfaction comes from sharing breakthrough moments with his clients. Sometimes it arrives in one 'ah-ha!' coaching moment. For others, it arrives as a sequence of small breakthroughs that lead to significant behaviour change. Some special breakthrough moments have included:

- Mindset coaching and training of the South Sydney Rabbitohs NRL team to their first premiership in 46 years
- Training emergency services (Ambulance NSW) on a tool kit to deal with thoughts and emotions, post-crisis
- Reducing Cortisol levels (stress hormone) in a senior executive team by over 50%, within 3 months

- Doubling 'deep sleep' in a senior executives
- Helping another senior executive rediscover their authentic self, resulting in significant energy and focus improvement
- Helping to change a senior executive's relationship with time, from an over-urgent, over-busy mindset to a wider frame of high performance with calmness

Most of Derek's coaching work is with senior corporate executives and entrepreneurs, who work in high-pressure, high consequence roles. These executives work for companies such as Nestlé, Mars, Australian Government Reserve Bank, BBC, CEO Institute, Universal Sony, Emergency Services, high-end sporting teams, and even carers of people dying from Motor Neurone Disease.

Derek has presented at the Worldwide Happiness and its Causes Conference, a UN World Peace Day acknowledgment, and at the Sydney Vivid Festival on the topic of 'Enlightenment'. He has also worked as acting CEO at a breakthrough school in Bali, Indonesia, known as Green School. In addition, for over a decade, Derek has served as a Director of the Not-For-Profit organisation, The Yoga Foundation.

Derek has recently co-authored a book called '*Missing In Action*'. Told through the lens of consulting to sporting teams, it reveals where the mind goes missing when under pressure, and how to get it back.

