



Prof Paddy Upton



High Performance Coach, Author, Speaker, Academic
Paddy brings over 25-years of experience of working in high-performing teams in business and sport, across multiple industries and different cultures, spanning five continents.

As Mental Conditioning and Strategic Leadership coach, Paddy helped lead the Indian national cricket team to win the 2011 ICC Cricket World Cup for their first time in 28 years, and to become the World's No. 1 Test Team for their first time.

As Performance Director, he then helped lead the South African cricket team to become the first international team to simultaneously hold the World No. 1 ranking in all three formats of the game.

He's been Head Coach of five different professional T20 cricket teams in 12 tournaments across three of the world's major leagues (Indian Premier League, Australian Big Bash League, Pakistan Super League) which included; in his first year as coach, leading Rajasthan Royals (IPL) from four years at the bottom of the log to IPL and Champions leagues finals, and leading Sydney Thunder from losing 21 of their 22 games in the first three years of the Australian Big Bash League, to Championship winners a year later.

Paddy has been Mental Coach to over 100 professional athletes from 11 different sports; has over two decades experience as an Executive (business) Coach, in South Africa, India and Australia; and as a speaker has delivered over 250 keynote addresses in more than 50 cities across five continents.

He has degrees from four different universities, including two Master's degrees, and is a Professor at Deakin University (Business and Law faculty) in Melbourne, Australia. His recent best-selling book, *The Barefoot Coach; Life-changing insights from coaching the world's best cricketers*, has been called 'brilliant', 'insightful', 'one of the best books on man-management and leadership', and 'a must for any coach or business leader'.

Paddy claims he does all this to support his surfing and fishing habits.