



## PAUL MCGEE – THE SUMO GUY

Paul McGee is one of the UK's leading speakers on the subject of change, workplace relationships and motivation. His provocatively titled book SUMO (Shut Up, Move On) became an instant best seller and his book on Self Confidence reached number one in the WHSmith's business book chart and remained there for a further 24 weeks. Building on his background in psychology, Paul's aim is to deliver a practical, relevant message that can make an immediate impact on people's professional and personal lives. His approach is considered both inspirational and humorous as he seeks to deliver a memorable experience that equips people with insights and ideas to increase their personal effectiveness and impact. He's spoken in 34 countries to date, and from Todmorden to Tehran and from Bradford to Brisbane, Paul's messages have resonated with a global audience.

His work has been endorsed by the Elite Performance Director of the British Olympic Association, Sir Clive Woodward and his clients include blue chip organisations, public sector bodies and a leading Premiership football club.

*"May I on behalf of everyone at Manchester United who attended your session, thank you for a great presentation. The feedback has been excellent and all very positive and I know the ideas within your SUMO message are greatly appreciated."*

**Kenneth Merrett, Club Secretary, Manchester United FC**

*"In our twenty years of running conferences, Paul McGee is the only speaker we have ever invited back. That above all, explains the benefit we feel we have gained from hearing Paul's SUMO philosophy"*

**Doug Perkins, Dame Mary Perkins CBE, Founders of SpecSavers**

*"I would have no hesitation in recommending Paul McGee and his SUMO philosophy to any organisation who wants to engage a large number of staff in a way that provides excellent value for money compared to more conventional ways of training. As a constabulary we made an investment in over 2,500 of our staff attending a Sumo seminar with Paul McGee. Staff were given insights and ideas that could help them be more effective at work, deal more positively with change, and build better relationships with both the public and colleagues."*

*"The overwhelming feedback has been that the sessions were inspiring, thought provoking, humorous but above all practical in helping my staff make a positive difference."*

**Julie Spence, Chief Constable, Cambridgeshire Police**