



Live Like You Mean It!

Colin Gunthrope

Executive Performance Architect | Keynote Speaker | Corporate Trainer

For over 30 years, Colin Gunthrope has been a trusted advisor to government institutions, Fortune-level corporations, and senior executives across three continents. As an Executive Performance Architect, Colin delivers transformational keynotes that integrate cutting-edge neuroscience, psychology, and holistic wellness strategies to unlock peak performance in leadership teams. His dynamic, research-backed presentations inspire immediate action and create lasting behavioral change. His unique approach combines executive development expertise with certifications in clinical hypnotherapy, neuro-programming, emotional freedom techniques, and fitness training—offering audiences a truly holistic roadmap to sustained excellence. His client portfolio spans the Caribbean, Africa, and beyond, including government agencies, financial institutions, and leading corporate organizations.

30+

Years of Executive Development Experience

788%

Average ROI on Leadership Development (Forbes)

4

Countries Served: BVI, St. Kitts, Antigua, Nigeria

KEYNOTE TOPICS

Peak Performance Leadership

Neuroscience-backed strategies to transform good leaders into exceptional ones. Cultivate resilience, strategic thinking, and sustainable high performance.

Emotional Intelligence in the C-Suite

The hidden driver of organizational success. Practical techniques to enhance self-awareness, manage emotions, and build high-trust cultures.

Building Unbreakable Teams

Transform team dynamics using proven psychological principles. Address conflict, build trust, and create collaborative cultures that drive results.

Resilience & Mental Toughness

Mental frameworks and tools that help leaders bounce back stronger from setbacks and navigate change with confidence.

Live Like You Mean It! (Signature Keynote)

Integrating mind, body, and purpose for extraordinary results. The holistic approach to creating unstoppable momentum in leadership and life.

Custom Keynotes

Fully tailored presentations addressing your organization's unique challenges, culture, and strategic objectives for maximum relevance and impact.

CREDENTIALS & EXPERTISE

Professional Certifications

- ✓ Board Certified Emotional & Mental Freedom Techniques Practitioner
- ✓ Certified Master Life Empowerment Coach
- ✓ Certified Master Clinical Hypnotherapist
- ✓ Certified Master NLP Practitioner
- ✓ AFAA Group Certified Instructor & Personal Trainer

Perfect For

- ✓ Corporate Conferences & Leadership Summits
- ✓ Executive Retreats & Annual Meetings
- ✓ Industry Associations & Professional Development Events
- ✓ Team Offsites & Organizational Change Initiatives
- ✓ Audiences: 50-500+ executives and leaders

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