

DR. CHRIS SHAMBROOK

Group Performance Director



OTHER STUFF

Chris has an honorary professorship from Staffordshire University and has co-authored three books.

CONNECT WITH CHRIS

<https://www.linkedin.com/in/chrisshambrook/>



PlanetK2

ABOUT CHRIS

"Chris is very experienced within and outside sport and is creative at coming up with brilliant new ways of thinking about problems and bringing out top performances." Dame Katherine Grainger –Olympic Champion 2012, Olympic Silver Medalist 2000, 2004, 2008 and 2016.

PROFILE

Chris's experience working over 5 Olympic games with one of Team GB's most enduringly successful sports combined with his 15 years of supporting leaders and performers in the world of work gives him a rich grounding of experience upon which his expertise has been refined.

EXPERTISE

An accomplished speaker and author, Chris focuses on translating lessons learned from his career into highly practical and applicable concepts that people can begin testing out for themselves straight away.

From one-to-one coaching and Keynote speeches and designing game-changing personal development programmes, Chris brings his common sense personable approach to making an impact.

You'll see Chris' psychology work referred to in the following books:

- Katherine Grainger the autobiography
- The Long Win
- Mind Games
- LEARNINGS FROM FIVE OLYMPIC GAMES (the same 5 Chris worked with Team GB for)
- Will it make the boat go faster.
- The Secret Olympian (22 years with GB Rowing... Spanning Redgrave to Glover)

Chris' expertise is further epitomised in his work with world-class athletes including:

- Team Faldo Psychologist when Rory McIlroy, Henni Koyack, Oliver Fisher, were there, amongst others.
- Psychologist to Oliver Fisher when he shot the first ever, and still only, 59 on the European Tour ECB.
- Psychology Team member working with Ashes Winning Test players as well as U19 team over an 8 year period.

ROLE

Chris designs and quality assures all of the PlanetK2 programmes and content. He sets the standards for ensuring that we're always testing out the power of high performance approaches in getting ready to deliver value to our customers.

Chris coaches and delivers direct to many of our customers as well as contributing directly to The Performance Room.