

EMPOWERED PERFORMANCE:

PHYSICAL FOUNDATIONS FOR LEADERSHIP

© Denise Yeats 2025



Denise Yeats
Personal trainer and sports
coach specialising in
adaptive training for women

Body Strong, Mind Sharp: Harnessing Physical Strength for Mental Resilience

In today's high-pressure business environment, female leaders face unique challenges that require specialised approaches to performance and resilience. What many organisations overlook is how women's distinct physiology can be harnessed as a source of leadership strength and resilience. This evidence-based presentation reveals how female-specific physical training strategies create more resilient, focused, and emotionally intelligent leaders who can sustain high performance without burnout. By understanding the female body's unique responses to stress, exercise, and recovery, women can transform perceived limitations into strategic leadership advantages.

Key Benefits for Your Organisation:

- **Enhanced Decision-Making:** Learn how specific physical practices improve cognitive function, directly impacting strategic thinking and problem-solving abilities
- **Stress Resilience:** Discover how to strategically time recovery periods to build resilience and prevent burnout while optimising leadership performance
- **Hormonal Intelligence:** Understand how female-specific hormonal patterns can be leveraged as strategic advantages rather than limitations
- **Productivity Optimisation:** Implement science-backed approaches to working with, rather than against, natural energy cycles

What Your Team Will Learn:

- The neuroscience behind physical movement and leadership capacity
- Practical micro-training sessions (5-10 minutes) that can be incorporated into busy workdays
- How proper recovery techniques accelerate adaptation and performance
- Ways to match work intensity to hormonal phases for optimal results
- Simple strength strategies that build both physical and mental resilience

Presentation Format:

Available as a 45-60 minute keynote, either in-person or online, with an opportunity for Q&A.

About Denise Yeats

Denise Yeats is a highly skilled coach and personal trainer specialising in empowering women to Reset, Recharge, and Reclaim their vitality at any age. As a triathlete, Level 3 Personal Trainer, Ironman® Certified Coach, and Cold Water Therapy Practitioner, she brings extensive expertise to her coaching.

Denise tailors her approach to meet women's needs at different hormonal stages, helping them work with, rather than against, their unique physiology. Her completion of Dr. Stacy Sims' 'Menopause for Athletes' course makes her uniquely qualified to guide women through this life stage, and she regularly hosts talks for organisations including BT Group, LabCorp, and the Metropolitan, Surrey and Thames Valley Police forces.



"Thanks so much for talking to us at our Women's Development Day, Denise, so many people have mentioned your talk as their highlight from the day!"

Emily Hodges, Business Change Programme Manager at Thames Valley Police