

Mark Hopkins

Team Coach



“My high-performance object is my pillow. A good night’s sleep is key for being able to perform and so having a good pillow that you are used to and supports you can make the world of difference for how you perform the next day”

“I’ve spent the last 25 years asking questions to individuals and teams to help them identify where they want to go and then helping them on how to get there. I am passionate about helping businesses and leaders find the right path and then stay on it.

I put a lot of emphasis on creating the right environment for everyone to be successful and bringing the human out in every business and leader.

Having been on a global talent program for one of the largest global insurance groups, consulted within financial services, built businesses and also coached hockey at a World Cup and Commonwealth Games, I have a wide spectrum of experience, knowledge and stories. I am obsessed with helping businesses and individuals live their legacy today and achieve what they are capable of. I sometimes struggle to turn my brain off as it constantly sees opportunities for greater impact, performance and fulfilment. I don’t know how I haven’t been thrown out of a restaurant yet! I have done many multi-day hikes, been chased by rhinos, cycled across Spain, sailed into Cape Town harbour, star jumped in over forty countries and written four books.”

Client View

“Mark’s passion is to help people increase their performance, become a better version of themselves. It has been a blessing having his mind and skills at my disposal, he has been that amazing soundboard for me..”

Colleague View

“Over my journey, Mark asked me the questions that we all avoid but he does it in such a safe way that gives you clarity about the next step to take and simplifies the plan, so it is easily manageable. I want to thank Mark from the bottom of my heart for the new lens I see the world through. I look forward to continuing this path of discovery and adventure toward the legacy I want to live.”

Qualifications

- MSc in Sports Psychology
- IRIS Trained Interviewer

[Watch Mark’s introduction video here](#)