



**MOTIVATIONAL SPEAKER &
HIGH PERFORMANCE COACH**

DAVID CAMPION

Recently I stepped down as head coach at England Squash where I successfully created elite level results through my coaching and leadership framework with teams at Junior and senior level, producing world class results for England over 23 years.

I'm a former professional squash player who started coaching when I was hit with a career threatening injury at a young age. My transition into coaching subsequently produced stunning results, where I personally coached 3 World No.1 squash players.

With an extensive background in the game, my successes include leading England to 5 x World Team Championship gold medals (winning a 6th as a player), competing at 4 x Commonwealth games between 2010- 2022 and delivering remarkable results with 25 medals (6 Golds) & 42 European gold medals at both junior and senior level.

I have become well known for creating high performance cultures and building teams where everyone is prepared to run through a brick wall for each other! My skill set and knowledge is totally transferable into the business arena in terms of creating a transformational high performance environment/culture - I provide a proven framework for success which is structured with a set of behaviours and characteristics that are not sport specific and can be applied to any business looking to build elite level performance.





From working with a central management team at a multi academy trust who run 15 schools - to speaking at conferences and events, the depth of my knowledge and experience means that I am in demand across a wide spectrum of organisations where I have been invited to speak - such as England cricket and the World Coaching Conference.

I am also no stranger to TV working on the commentary and punditry for the semi-finals & finals of the highly prestigious British Open Championships at the Rep theatre in Birmingham which went out live on TNT around the world.

I continue to be connected with the world of squash where The World Squash Federation (WSF) have invited me onto their World Coaching Commission - here I contribute in a volunteer role, giving back to the sport I love - and sharing my knowledge and insights on how they can improve the standard of coaching globally. I have also recently been appointed as the new Olympic Programme Consultant for the Italian Squash Team.

Whilst delivering results as a coach I have always believed in my own personal development engaging and being mentored by some of the best coaches in the World, not just in squash, including David Young the current sports psychologist for Man City FC who was by my side at every training camp for 3 yrs at England squash.



Keynote Talks & Workshops

Keynote Talks and Workshop topics include:

- Transformational Leadership and Team Development
- Cultivating a High-Performance Mindset
- Effective Goal-Setting and Achievement
- Navigating Team Dynamics
- Characteristics of High Performing Teams
- Winning Behaviours
- Building Mental Resilience



My Ethos

In the realm of elite sports, we address behaviours to instigate changes in performance.

Identifying the 'root cause' is essential, as outcomes are merely reflective of effective or ineffective practices.

To achieve success, one must adopt winning behaviours, which are intrinsically linked to the desired results. The drive to undertake a task is fuelled by the overarching goal or purpose, and then engaging in a specific set of behaviours with consistency and discipline. While enjoyment of a task may vary, the behaviours exhibited will ultimately determine the outcome- whether it be failure or success.

Similarly, in a workplace setting, the manner in which you lead your team significantly influences their performance.

The principles remain the same - if you really want to achieve success in any setting, take action - cultivating winning habits will lead to winning outcomes.

Align your behaviours with the goal - Elite Performance with Winning Outcomes!

Testimonials

'David delivered a brilliant interactive session for our central team. David articulated his personal stories from both his successes & failures at the very highest levels of sport, and how they draw many parallels with what we do as a central team in education. Having clarity on how we all contribute as individuals to the 'Higher Purpose' as a resilient cohesive team, and the actions we can take was the theme of the day. A highly impactful and insightful session, very helpful indeed'.

Rachel McEvoy - CEO Blessed Peter Snow Academy trust

'David presented a wonderfully thought-provoking training session as part of our Leadership Development Programme. David was great and his leadership philosophy is excellent. He shared his insights of years of working as the national squash coach and demonstrated clearly that success is reliant on building high performing teams. He was able to clearly articulate examples of how the skills needed to lead in elite sport can be transferred into any leadership sector. David made a positive impact on our organisation and I recommend you speaking to David very highly and see how he could inspire your staff.'

David Lord - CEO Together Learning Trust

'David excelled at creating supportive yet challenging environments that athletes aspired to be a part of. He was always able to connect the individuals and teams to the bigger purpose and ensured that it remained central to what we were looking to achieve from each session, to each major championship.

David was always very skilled at being able to have critical conversations to ensure the standards we were driving were maintained.

These skills and strengths were key in enabling the progress and success that athletes, David and the world class performance programme had during his time with England Squash'.

Tom Duggan - GB Archery - Performance director & Team leader Olympic Games 2024 - Former performance director England Squash

'In my sporting and everyday life I have been privileged to have met some of the best hard-nosed mindset people who have had a close understanding of winning habits, winning behaviour, staying in control whether you are winning or losing in whichever field you are in.

David has this brilliant mind and understanding of what it takes to be the very best in the world. Being in his company and listening to him he understands all of the above and knows how to get the very best out of individuals and groups of people.

I like winning minds next to me, along with the understanding how to achieve it. What is clear and obvious is that David has recognised that sports is intertwined with every day business and life. David's foundation to success is solid. He carries 'CD' (Consistency & Discipline) with him wherever he goes - the two qualities that will propel and get you closer to success in whatever project you are connected to in life.

This is why David has had so much success as a coach, people will follow and believe in all he does. David, in my opinion, is a World Class operator with regards to his mindset and in his actions'.

Ellery Hanley MBE - Rugby League Hall of Fame

'I worked with David for 3 years, in his role as Head Coach of England squash. He is a world-class coach who was instrumental in establishing a high-performance culture within the team. David has a remarkable ability to develop athletes, both technically and mentally, ensuring they are fully prepared to compete at the highest levels.

Under David's leadership, the team became more cohesive, motivated, and focused, with a clear path toward excellence. This culture of high performance was particularly evident as we prepared for the Commonwealth Games, where the team's unity and discipline stand as a testament to David's coaching philosophy'.

'I highly recommend David for his expertise in building a winning, high-performance environment'.

David Young - Head of Psychology, Manchester City FC - ECB World Cup 2024 Sports Psychologist

'David's deep insights into developing and leading High Performance People and Teams in Elite Sport relate directly to individuals and teams beyond Sport. I have no hesitation in recommending him to any organisation that is serious about maximising its performance and enabling its People to fulfil their potential'.

Gordon Lord - Founder and Director Get Coaching Ltd.

Former head of elite coach development at RFU, England Cricket FA Premier League Coach Mentor

'David has the unique ability to see sport from the applied and scientific perspectives, blending his experience as a world leading athlete and coach with his drive to push forward the boundaries in sport and coaching science. I had the pleasure of working with him at multiple world championships and commonwealth games where we became the best in the world. He has also presented at multiple international conferences sharing his extensive and unique insights from leading some of the best players and teams in the world of high performance sport'.

Professor Dr Staff Murray - PhD, msc, pg cert, ba (hons)

Formerly EIS Head of performance analysis, biomechanics and skill acquisition

Formerly England squash team leader and lead scientist - Formerly consultant to McLaren f1

Formerly head of innovation and intelligence at high performance sport New Zealand

Currently head of analysis and insights for England men's cricket

'David has an enviable breadth of experiences from his time as an aspiring athlete, to driving talent programmes and delivering a world leading elite squash programme for England Squash. He has delivered success in every role, overcoming adversity and challenge, by bringing individuals and teams together; united behind a clear vision and plan. Having worked with David for a number of years I have first hand experience of how he operates to the highest of standards. David is known for creating a performance culture that is driven by winning behaviours'.

Keir Worth - Director of Sport - Paddle Sport UK GB Canoe - Former Chief Executive, England Squash

'As England Squash National Coach, David was and remains hugely respected for his knowledge and commitment to developing the game of squash as well as players. He is a people focused inclusive leader who builds strong relationships and deeply cares about player development as well as world class performance. Having worked alongside David at Team England, preparing players for major competition including the hugely successful 2022 Commonwealth games, his insights into what it takes to turn world class individuals into a major title winning team, are invaluable'.

Dr. Jenny Denyer - Non Exec Director (England Golf, Professional Squash Association)

Leadership & team development specialist - Master Executive Coach (APECS) - Performance Psychology Coach

