Speaker Bio

Luke Tyburski

Luke is a former European footballer turned global keynote speaker, whose journey through intense performance, personal adversity, and deep transformation has shaped a powerful message on resilience, conscious leadership, and redefining success without sacrifice.

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Master Your Mindset: The Invisible Advantage

Mindset isn't talent or luck—it's how you choose to think about what's in front of you. Master Your Mindset delivers three fast shifts: clarity cuts through noise, resilience crushes reactivity, and performance skyrockets. Using neuroscience, psychology, and battle-tested coaching tools, you'll leave with actionable strategies to win when it matters most.

The Body Battery: Your Key to Sustained High Performance

Smart leaders manage energy, not time. Your Body Battery—finite energy across work, relationships, health, and stress—drains or strengthens based on mindset and recovery choices. This framework teaches you to identify energy leaks and plug them with strategic recovery, shifting culture from "work harder" to "work smarter with longevity." Leaders who master their Body Battery outperform competitors and retain top talent while avoiding burnout.

Make Choices - Never Sacrifices

Olympians don't make sacrifices, so why should you? Peak performance isn't about sacrifice—it's about conscious choice. By reframing decisions as values-aligned choices rather than losses, you own your narrative instead of feeling trapped. Drawing on professional sport and ultra-endurance stories, this keynote equips you with a practical decision-making framework rooted in self-awareness, purpose, and emotional regulation to design your daily life with clarity, direction, and sustainable motivation.

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Speaker Bio

Luke Tyburski

Luke Tyburski is an ICF & EMCC-accredited Executive Leadership & Performance Mindset Coach and international keynote speaker whose delivered transformative keynote talks to audiences in 16 countries across 5 continents.

With a professional sporting background and a passion for pushing human limits, Luke has completed world-first extreme adventures: running across the Sahara Desert, down Mount Everest, and completing a world-first 2,000km Ultimate Triathlon in just 12 days.

Beyond the stage, Luke works with senior leadership teams, executives, Olympians, and professional athletes to unlock peak performance individually and collectively. His coaching experience spans over a decade, combining rigorous accreditation with battle tested real-world application.

Luke's keynote impact lies not just in storytelling—it's in the journey he takes audiences on. He shares authentic vulnerability about mental health battles alongside triumph, demonstrating how we can acknowledge adversity we choose while learning from adversity that chooses us.

At the core of Luke's talks is his impactful *Performance Mindset* framework - how individuals and teams can enhance how they view, think, and act on a daily to get out of their own way to accomplish objectives that initially felt out of reach..

After a strategic 3-year hiatus navigating life's ultimate complexity—his father's terminal cancer diagnosis and passing, career-ending surgery, unexpected divorce, and international caregiving—Luke has returned with profound insights on resilience, adaptability, and meaningful change.

Luke is a TEDx speaker, published author, and documentary subject.

He bridges the gap between extreme adventurer and accredited executive coach, delivering frameworks that audiences can immediately apply to navigate uncertainty, build resilience, and lead with authenticity in an era of unprecedented change.

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