



7 miles a minute

MOTIVATIONAL SPEAKING

INTRODUCTION

Flying a naval fighter from the deck of an aircraft carrier at night, hundreds of miles from land, leading 4 other aircraft into an air combat mission is not for the faint hearted. It takes unconditional trust in your team, unwavering self-leadership and discipline of mind, a willingness to be held accountable, and a focus and clarity of mind and purpose essential at the elite levels of performance in sport, business and life. For Matthew Whitfield it was a fabulously exciting and rewarding existence standing shoulder to shoulder with the best in class, a life long ambition which had almost ended 3 times throughout his career.

Discover Matthew's incredible journey to become a Naval Fighter Pilot, then the Senior Flying Instructor at the UK "Top Gun" school, and finally as a low level supersonic jet display pilot performing in front of ten's of thousands of people. This is a story of trust, resilience, fulfilling your ambitions, and the mind set for elite team performance. For listeners of all ages it is a story that guarantees to inspire and astonish in equal measure.



Matt has been there and done it at the extreme level of Naval fast jet flying, and live MI5 operations. However, his humble, honest and authentic manner brought the subject to life by sharing his own personal experiences and life challenges. Putting in to practice what Matt discussed on the day will have, without a doubt, remarkable improvements in anyone's life. If we are prepared to put in the hard work, commitment, discipline and self-belief, the results will begin to happen. I would have no hesitation in recommending Matt as a speaker, coach, mentor or a retreat host.

CEO Blue Mountain Group and Ex-SAS Senior Leader



"authentic"

"engaging and inspirational"

"compassionate"



ABOUT MATTHEW WHITFIELD

Aspire, inspire, Get up and go.

A life long ambition to fly, and the love the thrill and challenge of being good enough to succeed against all the odds drove Matt on to fulfil his vision and reach the elite level of military flying the Sea Harrier jump-jet on the front line.

The danger and risk of night time aircraft carrier missions meant the team work and trust were exceptional.

Matt founded his own organisation that helps business teams and their leaders to visualise their goals, and supports them to fulfilling their true potential.

Matt's journey has had its moments. Dealing with the stress of performance in the air, the pressure to consistently deliver in the high risk and very dangerous world of air combat, and the resilience to learn from mistakes and share them with his team have always got him through.

Matt's demonstrates why trust amongst team mates is crucial for reaching a consistently high performance. He relates his experiences of elite military performance: this mindset and these values apply to any environment. He will share why this growth mindset, the willingness to be open and learn, while remaining calm under pressure when leading from the front will get the best from oneself and the team.

Since leaving the Royal Navy, Matt spent 6 years as head of Flying training for MI5, continues his supporting work for the Bank of England, and other large brands and organisations.



Matt's messages surrounding having clear goals, drive and resilience through to managing work and life goals were all the more impactful. I would highly recommend Matt and hope that we maximise the motivational atmosphere he left amongst my workforce.

Director ISL, Bristol

