



Brett Mabberley

Brett Mabberley is a sought-after high-performance coach and author, known for helping ambitious people upgrade their mindset, unlock their potential and take consistent action toward the life and career they have always wanted.

Starting out as an electrician, Brett made a bold career shift in his mid-20s to study psychology and pursue a deeper understanding of human behaviour.

Since then, he's spent over two decades working across high-stakes environments — from prisons and behavioural units to boardrooms, sports arenas, and film sets — helping over 2,000 individuals across 30 industries overcome internal blocks and consistently perform at their highest level.

His private clients include Hollywood actors, world champion athletes, Fortune 500 CEOs, and 7-8 figure entrepreneurs.

Along side his private coaching, Brett is also the founder of The Coaching Room — a cutting-edge, on-demand personalised coaching space built for ambitious people across the world who want to access high-level coaching in real time for monthly affordable fee.

SUGGESTED INTERVIEW TOPICS

- » **HOW TO TURN SELF-DOUBT Into Self-Confidence & Flourish.**
- » **HOW TO GAIN A COMPETITIVE EDGE - In The Age Of AI.**
- » **HOW TO DEVELOP A 1% MINDSET Like Some Of The Worlds Best.**
- » **THE PSYCHOLOGY OF Entrepreneurship**
- » **HOW TO REINVENT YOURSELF Against All Odds & Succeed.**
- » **WHAT I LEARNED FROM WORKING With The Elderly - That You Need To Hear Before It's To Late**

SUGGESTED INTERVIEW QUESTIONS

- *In your book, you say new levels bring new devils – what does that actually mean for high performers, and how do you help them navigate it?*
- *You work with Hollywood actors, world champion athletes, and Fortune 500 CEOs – what do they do differently that gives them the edge?*
- *You went from electrician to successful coach. What was the moment that changed everything for you – and what kept you going when everyone thought you were mad?*
- *You've worked with serious offenders, the elderly, and high achievers – what have those experiences taught you about human potential that most people miss?*
- *Tell us about The Coaching Room – what is it, why did you create it, and how is it helping ambitious people unlock their next level?*