

KEYNOTE SPEAKER · EXECUTIVE PRESENCE

Yossi Montrose

Presence under pressure. Live on the ball.

Founder of Performa Ball. Yossi helps founders, leaders and professionals stay steady when the stakes rise, and he delivers every talk standing on a stability ball, so the audience watches composure happen live.

ABOUT YOSSI

Yossi grew up with hearing aids and was bullied through school. It collapsed his posture and his confidence. Discovering the stability ball changed how he moved, breathed and carried himself. Over 24+ years and 3,500+ exercises, he built that practice into the Performa Ball methodology, a body-first way to train composure, posture and presence for the moments that matter. He coaches clients worldwide online via Zoom.

SIGNATURE KEYNOTE

Find Your Inner Tiger

A personal story, a live ball demonstration and practical audience reflection on courage, adaptability and presence under pressure. It includes the day a lion put its jaws on his neck, and what kept him steady.

WHAT AUDIENCES TAKE AWAY

- **Recognise pressure:** notice the breath, tension and rushing before a difficult conversation.
- **Respond to change:** adjust rather than freeze when conditions shift.
- **Recover focus:** pause, reset and return to the message after a distraction or a hard question.
- **A daily practice** they can use at home or at work.

SHORT INTRO FOR THE MC

"Our next speaker has spent 24+ years on a stability ball instead of a chair. Yossi Montrose grew up with hearing aids, was bullied at school, and found his confidence on the ball. Today, as founder of Performa Ball, he coaches leaders to stay steady under pressure, and he'll speak to us standing on that ball. Please welcome Yossi Montrose."

FORMATS

Keynote 20-minute spotlight or 45 to 60 minutes, optional Q&A	**By proposal**
Half-day workshop 4 hours, up to 20 participants	**$7,500**
Full-day workshop 7 hours, up to 20 participants	**$12,000**

All fees in USD. Timing, travel and equipment agreed in advance. No ball experience needed. Standing on the ball is always optional for participants.

IDEAL FOR

Leadership conferences, company offsites and founder events.

ON STAGE

Has spoken on stage standing on the ball, including at TAG Talks. Live demonstrations include standing, handstands and multi-ball work.

AS HEARD ON

The Speaking Podcast with Roy Coughlan, #366
"Why Confidence Starts in Your Body, Not Your Mind"

Mission Matters with Adam Torres
"Building Confidence Through Mind-Body Connection"

WATCH

My Story: youtu.be/TMvFGZI9LPg
YouTube: @YossiMontrose

Book Yossi for your event.

Share your date, audience and format for a tailored proposal.

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