



Paul McGee

AUTHOR

Empowering Change, Building Resilience, Inspiring Results

- Leading authority on change, resilience, leadership, and wellbeing, with over 30 years of experience
- Bestselling author of the *SUMO (Shut Up, Move On)* series, translated into more than 20 languages
- Visiting Professor at the University of Chester and trusted advisor to global brands including Harrods, Adidas, Virgin, and Manchester City FC
- Renowned keynote speaker, delivering tailored sessions for over 1,000 organisations across five continents

Paul McGee's 2026 Biography

Paul McGee: The SUMO Guy

Paul McGee is one of Europe's most sought-after speakers on change, resilience, leadership and wellbeing. A former behavioural psychologist, he brings a rich 30+-year career to his highly practical, engaging and humorous keynotes. Paul has delivered impactful messages to audiences across 40+ countries and over 1,000 organisations, consistently raising performance and wellbeing globally.

A Visiting Professor at the University of Chester (appointed 2019), Paul has inspired more than 1,000 organisations across five continents—including international conferences and elite sports teams. His *SUMO (Shut Up, Move On)* philosophy, a Sunday Times bestseller, has helped many individuals and teams to overcome challenges, embrace change, and achieve lasting results. His book *Self Confidence* topped the WHSmith Business Book chart for 24 weeks, and his works have been translated into over 20 languages.

Paul's client list includes major names such as Harrods, Adidas, Virgin, GSK, Lloyds Bank, the NHS, and Manchester City FC. Known for his meticulous preparation, he crafts each keynote and workshop around the specific objectives of the client. His sessions consistently inspire and entertain while equipping audiences with practical, applied strategies for both personal and professional growth.

Paul's impact is widely recognised, with public endorsements from Sir Clive Woodward—Elite Performance Director of the British Olympic Association—and broadcaster Chris Evans, who described his work as “a gift to the world.” Whether delivering a 30-minute keynote or a full-day workshop, Paul guarantees a memorable experience that leaves audiences empowered and ready to thrive in the face of change.

AVAILABLE FOR

- Speaking

PAUL'S SPEAKING THEMES

- Change Management
- Health & Wellbeing
- Leadership
- Resilience & Stress Management

LANGUAGES: English

Why Book Paul McGee?

- Customises every keynote and workshop to meet the specific goals of your audience
- Blends psychological expertise with practical, real-world strategies that stick
- Delivers with humour, warmth, and energy—ensuring engagement from start to finish
- Trusted by global brands like Harrods, GSK, Virgin, Adidas, the NHS, and Manchester City FC
- Leaves audiences inspired, equipped, and ready to drive meaningful change

Paul McGee's 2026 talks & topics

Unlock Your Resilience and Boost Your Wellbeing

Leading for High Performance

How to maximise the potential of people when the pressure is on

How to Survive and Thrive in Changing Times

Stand Out Communication for Leaders

How to engage, influence and positively impact the people you work with

Who Cares Wins

How to win customers and keep them for life

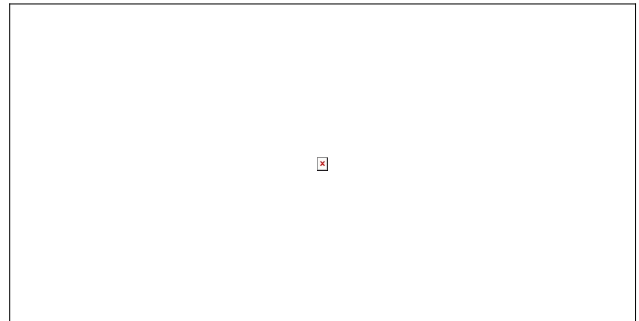
The SUMO Presentation Masterclass

How to get people to sit up and listen when you stand up to speak

The Confident Mindset Masterclass

Managing your mind to achieve high performance

Paul McGee's Videos



What Paul McGee's clients say

In our twenty years of running conferences, Paul McGee is the only speaker we have ever invited back. That above all explains the benefit we feel we have gained from hearing Paul's SUMO philosophy.

Founders of SpecSavers

I've absolutely no doubt that your SUMO approach can help build resilience and enhance the quality of people's lives, in both medical and educational settings. The clarity and simplicity of your explanations are accessible to everyone and I know many patients who would benefit from this approach.

Dr. Phil Hammond

GP, Journalist & Broadcaster

Your insights and support to both players and staff have been invaluable.

Haydn Roberts

Head of Player Care & Support, Manchester City FC

I saw Paul present at an international conference. He uniquely addresses one of the biggest barriers to personal and business development... our own minds. The SUMO philosophy was a unanimous hit. Very, very powerful stuff!

Simon Newton-Smith

General Manager, Virgin Atlantic - South Africa

I was totally transfixed, inspired and motivated to make a difference, both in my work life and my personal life, from hearing you speak. Your talk (and book which I bought) has made such a difference to me and via me to the team. The end result is that we are moving forward, at pace, using the SUMO principles. I started my new role riddled with self-doubt and the inner critic was giving me a headache. Yesterday, I was pulled aside by my new line manager and commended for the work I am doing and the team I am creating. Much of this has been built on your foundations. So thank you.

Richard James

Deputy Head of Region, Lloyds Pharmacy

Paul's full day SUMO workshop was superb. We are a small to medium sized company, embarking on a period of dramatic transformation, with an unsettled workforce riddled with anxiety. Paul's Mancunian humour/ no bull style really struck a chord. This was the third time I've seen Paul present, and I have always been very impressed - the messages are relevant, visual, insightful and exceptionally well delivered.

Nick Welch LLB(Hons) MCIPS

Head of Site - Capenhurst, Sellafield Limited

Vero has seen significant international growth and we wanted people to embrace change and strive for new opportunities. Paul understood the brief perfectly and crafted a wonderful, entertaining presentation. With over 32 countries represented, Paul used intelligent cultural references and delivered something for everyone. The SUMO Guy will never be forgotten - a great job.

Marc Freebrey

Group Marketing Director, Vero Software

Just wanted to say how thrilled I was with your session last week; the feedback has been incredible. It will be of huge value across the organisation and already people are talking of a follow-up event!

Lee Campbell MSc, BSc (Hons)

Sales Force Effectiveness Manager UK & Ireland, Actelion Pharmaceuticals UK Ltd

Paul delivered four excellent sessions at our Headteacher Leadership and Well-Being Conference and all were greatly appreciated by the delegates. He used humour and story-telling to great effect as he unpacked his SUMO techniques to raise our self-awareness and enhance our personal well-being and effectiveness as leaders.

Dean Royles

Director of Human Resources and Organisational Development, Leeds Teaching Hospitals NHS Trust

As a school that was identified as 'Requiring Improvement' in May 2014, there were many changes we needed to make. Although children were supported well to develop their social and emotional awareness, the resources for staff were a little tired and repetitive. The SUMO resource pack really helped to generate new ideas and enthusiasm for this vital aspect of education. The resulting school PHSCE curriculum map interlinks SUMO resources with a range of other resources. The quality of our curriculum received particular praise in our most recent inspection and I have no doubt that the SUMO resources contributed to this extremely positive outcome.

Jo Campbell

Executive Headteacher, Shaw Wood Academy

Paul McGee's SUMO presentation was both highly entertaining and educationally challenging to forward thinking schools. Leaders from all phases of the education world who attended were fulsome in their praise of this conference. The strong links to important areas of school life were evident throughout the day and colleagues were determined to act upon the key messages that were skilfully shared.

John Killeen

Executive Member & Primary Headteacher, NAHT

I would have no hesitation in recommending Paul McGee and his SUMO philosophy to any organization who wants to engage a large number of staff in a way that provides excellent value for money compared to more conventional ways of training. The overwhelming feedback has been that the sessions were inspiring, thought provoking, humorous but above all practical in helping my staff make a positive difference.

Julie Spence

Former Chief Constable, Cambridgeshire Police

Paul, I just attended our staff conference in Blackpool and heard you speak. My predetermined judgement was that this will be a waste of time, but how wrong could I be! I am inspired... what can I say? For a Manc you are not half bad and talk a lot of sense, and that is high praise from a Scouser! Thank you!

Lynn Robinson
Blackpool Council

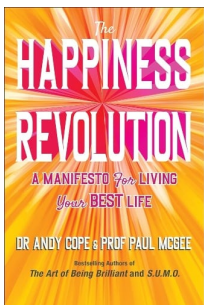
Wow! Thank you for delivering an inspirational workshop. You did a fantastic job keeping the packed room entertained throughout and left us with powerful messages and tools. There is such a buzz generated around the place and even our best critics have had positive things to say.

Fiona Lloyd
Events & PR Coordinator, Northampton Partnership Homes

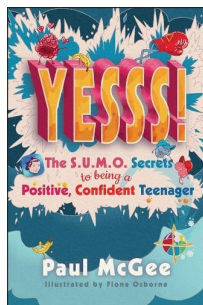
May I on behalf of everyone at Manchester United who attended your session thank you for a great presentation. The feedback has been excellent and all very positive and I know the ideas within your SUMO message are greatly appreciated.

Kenneth Merrett
Former Club Secretary, Manchester United FC

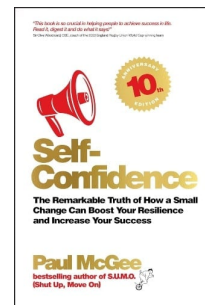
PAUL'S LATEST BOOKS



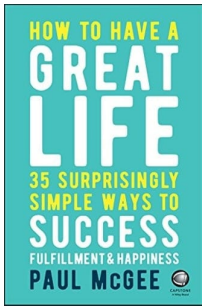
The Happiness Revolution: A Manifesto for Living Your Best Life



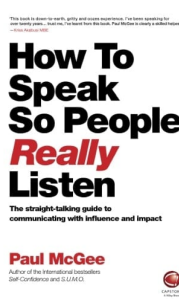
Yesss!: The SUMO Secrets to Being a Positive, Confident Teenager



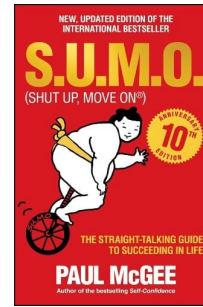
Self-Confidence: The Remarkable Truth of How a Small Change Can Boost Your Resilience and Increase Your Success



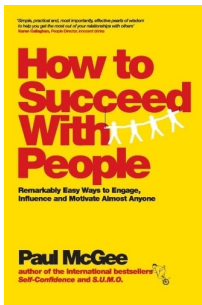
How to Have a Great Life: 35 Surprisingly Simple Ways to Success, Fulfillment and Happiness



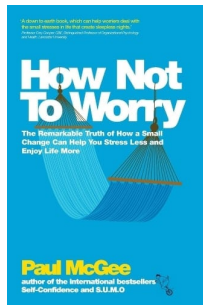
How to Speak So People Really Listen: The Straight-Talking Guide to Communicating with Influence and Impact



S.U.M.O (Shut Up, Move On): The Straight-Talking Guide to Succeeding in Life -- THE SUNDAY TIMES BESTSELLER



How to Succeed with People: Remarkably easy ways to engage, influence and motivate almost anyone



How Not To Worry: The Remarkable Truth of How a Small Change Can Help You Stress Less and Enjoy Life More

Similar speakers



Clare Kenny

Most organisations have a wellbeing strategy. Fewer have a culture where people feel safe enough to use it. The barrier is rarely policy or resource: it is leader behaviour. When leaders cannot or will not name their own stress, anxiety, or

neurodivergence, no amount of
programme investment
changes that reality.