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Charlie Unwin

Charlie Unwin is an author, speaker and coach with over 20 years experience in the field of human performance and psychology.

As a performance coach Charlie has worked with elite individuals and teams in sport, business and the military. These include multiple Olympics Champions, senior executives in FTSE100 companies, UK Special Forces, England Football, Premier League clubs and the Royal Household.

Charlie's passion for human performance has been uniquely shaped by a varied career. A platoon commander on the front-line in Iraq Charlie learnt about leading people in complex and dangerous environments. As an athlete with TeamGB he discovered the art and science of learning, competing and performing at the highest level. Combined with his academic foundation in psychology and award-winning research into Motivational Climate in Elite Teams, Charlie has a deep understanding of the individual differences that make us all unique in how we define and achieve success.

Charlie has designed and delivered award-winning programmes for global businesses focused on talent development, high-performing teams and delivering results under pressure. His clients range from start-ups to global businesses including Coca-Cola, Dyson, Lego, Virgin, Sainsbury's, GlaxoSmithKline and the Bank of England.

- BSc (Hons) Psychology – Durham University
- MSc Sport Psychology - Brunel University
- Author of the book *Inside Out – How to train your mind and nerve for high performance*
- National Postgraduate Award Winner for research into motivational climate within elite teams
- Lead Performance Psychologist with British Skeleton and double Olympic Champion, Lizzy Yarnold
- Mental Coach for Olympic athletes winning a total of eight medals at the Tokyo 2020 Olympics including four gold medals.
- Coach Mentor for the Premier League
- Performance Coach and trainer for UK Special Forces
- Senior consultant with Lane4 Management for 6 years creating award winning training programmes in resilience, talent development and leadership.
- Top Speaker at Henley Business Partnership in 2015
- 7 years service as an Army officer including command of front-line forces in Iraq
- Athlete with GB Modern Pentathlon Team; competing at the World Championships in 2005
- British Modern Pentathlon Champion in 2007