

Speaker's profile

Roy Bristow



Book Roy today

roybristow72@gmail.com



“A speaker who combines real world experience with practical insight to help audiences build clarity, resilience and lasting change..”

ABOUT ROY

Roy Bristow is a keynote speaker and Human Performance Coach with over 30 years of experience supporting individuals through life transitions, personal reinvention and unlocking their potential.

A veteran of the British Royal Navy, Roy served in the Persian Gulf and later worked in Public Relations, representing the Navy at schools and community events. These early experiences developed his confidence on stage and sharpened his ability to communicate complex ideas in a grounded and relatable way.

Roy's life path has required him to rebuild and adapt more than once, serving in the military, working in the trades and navigating major life transitions including emigrating countries. These experiences shaped a deep understanding of discipline, responsibility and the realities of starting again.

Today, Roy delivers practical and engaging talks that help audiences recognise the patterns shaping their decisions, develop stronger self leadership and move toward the best version of themselves. Known for his ability to see the potential in people even when they cannot yet see it themselves, Roy equips audiences with clear insight and practical tools they can apply immediately.

Roy speaks on topics that help individuals and teams unlock their full potential:

- Recognising the Hidden Patterns That Hold You Back
- Becoming the Stronger Version of Yourself.
- Why self leadership is the foundation of accountability and growth.
- How to stay grounded and respond wisely when personal pressure rises.
- How life's disruptions can become the starting point for reinvention.

Roy is also a husband and father, committed to living the same principles he speaks about and doing the daily work of growth, responsibility and self leadership in his own day to day life.



Roy's Message & Mission

Roy's message is rooted in lived experience.

Growing up feeling different and navigating environments that valued toughness over self awareness, he learned early the tension between inner sensitivity and outward expectation.

His path led him through traditionally masculine roles, including industrial trades and military service, where discipline, responsibility and resilience were essential.

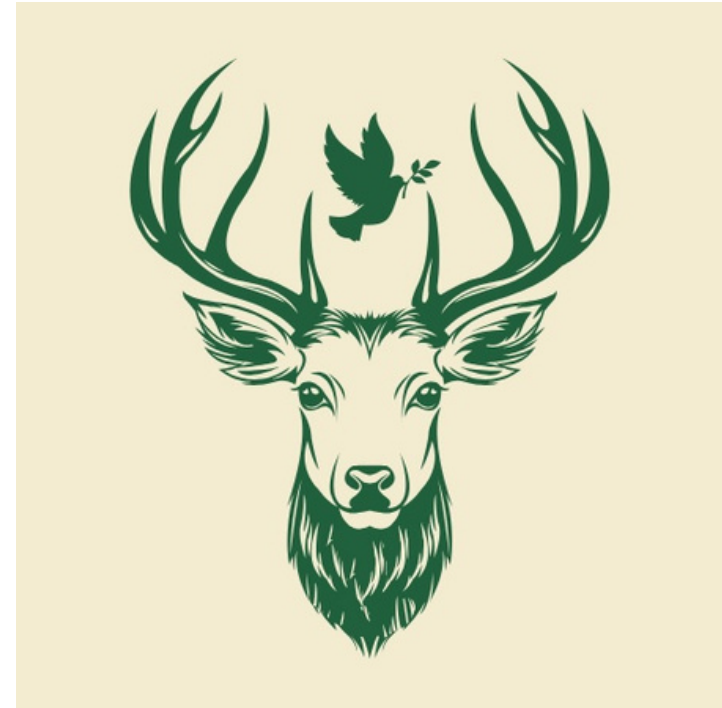
Later, navigating major personal adversity and significant life transitions deepened his understanding of identity, personal responsibility and the patterns that shape how people respond to the challenges of life.

Rather than being defined by these experiences, Roy used them to develop clarity, accountability and strong self leadership.

Today his work focuses on helping people recognise the patterns influencing their decisions, take ownership of their direction and step into a stronger version of themselves.

In his keynote presentations Roy shares practical frameworks that help audiences move from reaction to considered response, from uncertainty to structure and from repeating old patterns to making deliberate progress. His message is grounded, direct and focused on real world application.

“People don’t need to be saved or rescued,
people need knowledge of their
own power and how to access it”



Speaking Topics:

- Breaking the Patterns That Hold You Back

Understanding the habits and thinking patterns that quietly shape our decisions and how to take control of them.

- Clear Thinking When It Matters Most

How to stay grounded, make better decisions and lead yourself well when pressure rises.

- Rebuilding Yourself After Life Turns Sideways

How people reclaim direction, responsibility and confidence after major life disruption.

- Raising Your Personal Standards

How the expectations we set for ourselves shape our performance, influence others and determine the direction of our lives.

- Leading by Example at Home

How parents model responsibility, communication and personal growth for the next generation.

TESTIMONIALS

“I feel deeply honoured to have been at one of Roy’s public talks. He provides people with such knowledge and authenticity. I feel I have gained so much wisdom and clarity beyond my expectations.

Roy is an incredibly talented and intriguing speaker, and I found his subjects informative and extremely useful, so much so that I felt compelled to work with him one on one”

Kharja McCloughlin

I met Roy after one of his talks. His clarity of messages for breaking habits are powerful. I was drawn to connect with him more. I booked a session & his guidance was on point, very intune to what I needed to go to the next level on my journey. I highly recommend him.

Kaye Savin





AUDIO-VISUAL REQUIREMENTS

In order to ensure that Roy can deliver the best keynote or presentation possible there are some key things that he'll need:

- 1. Wireless lapel microphone where possible**
- 2. Projector, laptop with his presentation and clicker**
- 3. Lectern on stage**
- 4. Please let Roy know if the room will be set up in lecture, classroom or cabaret style**



LOGISTICS & BOOKING INFORMATION

Roy travels from the Deception Bay, Australia.

Check availability

Email enquiries **roybristow72@gmail.com** to connect and check date availability.

Request a proposal

After a conversation with Roy, you will receive a proposal for your engagement covering speakers fees and travel expenses.

Approval

The date is confirmed, a deposit paid and a contract issued to secure your date.

Before the event

Roy will provide assistance promoting your event through his social media channels. He can also create a 'teaser video' that you can send to your event audience. We will connect to discuss any finer details and event goals. Roy's team will manage all travel and logistics to save you time and hassle.

After the event

Roy will connect with you for an event debrief and provide you with any applicable resources to provide to your audience.