Paul McGee is a visiting Professor at the University of Chester and one of Europe's leading speakers on the subject of change, resilience, wellbeing, and communication. His book SUMO became a Sunday Times best seller and his book Self Confidence reached number one in the WHSmith's business chart and remained there for a further 24 weeks. His books have sold over a quarter of a million copies worldwide. He has appeared on BBC Breakfast television and is a regular contributor on BBC Radio. He's spoken for more than 1,000 organisations in over 40 countries to date, including GSK, Shell, Adidas, and the NHS. From India to Italy and from Bangkok to Brisbane, Paul's messages have resonated with a global audience. He has had the privilege of working with one of the world's top management gurus the late Dr Stephen Covey and his work has been endorsed by Sir Clive Woodward. Chris Evans described Paul's book How Not to Worry as "a gift to the world." His clients include prominent blue chip organisations, public sector bodies and a leading Premier League football club. He combines his love of comedy and football by supporting Wigan Athletic and Bradford City.