



"Your Mind Is Your Instrument. Learn To Be It's Master, Not It's Slave"

Key Takeaways for Your Audience

- Science-backed strategies to enhance mental strength and decision-making.
- Techniques for cultivating emotional resilience and adaptability.
- An empowering mindset shift that drives sustainable success.

Intentional Pauses, Powerful Results.

ABOUT

TRACEY HILL

Founder of The Pause Effect® - Performance Therapist, Coach & Speaker

Tracey believes that intentional pauses are the best-kept secret to cultivating lasting success, confidence, and true fulfilment in every facet of life.

Background and Personal Journey:

Tracey's journey began with deep-rooted trauma at the age of 15, marking the start of a seven-year ordeal that would shape her future. Each challenge she faced revealed an unwavering spirit and a courageous imagination that refused to be defeated. Her mental strength, resilience, and relentless determination became the driving force behind her ascent through the corporate ranks.

Her career is built on experience in high-pressure environments, working with global giants like Rolls Royce Aviation, Mitsubishi, Burberry, Deliveroo, Ricoh, and more.

Expertise and Approach:

Tracey brings a unique blend of expertise,* combining Performance Imagery Training, hypnotherapy, cognitive behavioral therapy (CBT), neurolinguistic programming (NLP), and psychotherapy. Her deep understanding of navigating highly stressful situations empowers her audience to think clearly, feel confident, and perform at their best.

Impact and Mission:

With over two decades of experience working with high-performing teams, Tracey Hill has developed a deep understanding of the behaviours and challenges that professionals face in today's demanding workplaces. She firmly believes that mastering the mind and emotions with intentional pauses is the key to transforming performance, building resilience, and thriving in even the toughest environments.

Tracey's mission is to empower her audience with practical tools and strategies to make informed decisions and foster a mindset primed for success, no matter the circumstances.

The Energy & Experience:

Attending a keynote by Tracey Hill is not just about listening to a speech; it's an immersive experience.

With a unique blend of wisdom, humour and inspirational storytelling that promises a mental and emotional shift, leaving her audience feeling, inspired, empowered, and mentally and emotionally stronger to make changes in their personal and professional lives.

Inspiring Change, One Pause & One Mind at a Time.

Kind Words



“Tracey has the remarkable ability to understand the psychology of getting the most out of ourselves and others. She is able to ask questions and offer ideas that take firm-held beliefs into a new space of thinking.”

Jamil Qureshi - Globally recognised TEDx Speaker, Performance Psychologist, Author, Entrepreneur



“It’s a rarity in life to meet a human being like Tracey. Her ebullient passion is infectious with an enviable intelligence to Building better minds for the now and next generations”

Paul Chambers - CEO & Co-Founder of Poets-In

Lizi's[®]

"Tracey is a true expert in her field and a great ambassador for our brand. Not only has she provided a series of talks and masterclasses for our customers, she orchestrates our wellness retreats, creating pauses for self-discovery and growth."