



NEW PANGAEA

Making extraordinary ordinary: habits that hold under pressure

ROB MURRAY

MSc Neuroscience candidate
Former police commander

KEYNOTE SPEAKING

Stories from the edge, and the science behind them.

What happens to good leaders when the pressure is real?

Rob Murray spent 20 years in policing, including commanding 4,500 officers for a US Presidential state visit, and rowed 5,000 km across the Atlantic, unsupported. He has just finished a Master's in Neuroscience, studying what pressure does to the brain, and brings audiences real decisions made at the edge, with the science of what makes good ones possible.

THE KEYNOTES

There's No Such Thing as Extraordinary People. Moments before setting off to row the Atlantic, a reporter called Rob extraordinary. His answer became this talk: there are no extraordinary people, only ordinary people who do extraordinary things. Through 37 days at sea, Rob takes apart the myth that remarkable outcomes belong to remarkable people.

Audiences leave with: a practical case for starting before you feel ready. Stop talking, start doing.

The Decision-Making Brain. Twenty years of policing decisions measured in lives, including command of 4,500 officers through a state visit watched by the world, paired with the neuroscience of judgement: what stress, bias and cognitive overload do to the deciding brain, and the structures that protect good decisions when it matters most.

Audiences leave with: why smart people decide badly under pressure, and what to build around them.

Keeping the Brain Safe. Psychological safety is usually treated as a culture initiative. It is biology. When the brain detects social threat, the capacity to speak up, flag risk and think clearly shuts down, in a boardroom exactly as on a front line.

Audiences leave with: small daily habits that change whether people tell you the truth.

CREDIBILITY

20 yrs

in policing, 17 of them in leadership roles

4,500

officers commanded for a US Presidential state visit

5,000 km

rowed across the Atlantic, unsupported, in 37 days

130,000

Vodafone employees worldwide, live in one session

WHAT CLIENTS SAY

"Fantastic session! I came in feeling 2 and left feeling 10! Just what I needed today."

Audiology Directors, Specsavers

"One of the best speaker sessions I've heard in a long time."

Supply Chain Directors' conference, Specsavers

Every keynote delegate rated Rob Good or Excellent as a speaker, and 85% rated him Excellent (68 delegate ratings).

FORMATS

Keynotes of 30, 45 or 60 minutes · fireside conversations and panels · extended Q&A · in person or virtual. Every talk is tailored to your event's theme and audience, from graduate cohorts to boards.

MSc Neuroscience candidate

BSc Zoology (Hons)

Silver & Bronze Commander

Senior Police Leader

BOOKINGS & AVAILABILITY

Fees from £3,000 + VAT, tailored to event, format and location

To check availability or discuss your event: robmurray@newpangea.co.uk | newpangea.co.uk