

Ashley Bookman – Speaker Bio



Ashley Bookman, CEO of Momentum Incorporated, is a systemic thinker whose primary focus is to understand and provide viable, practical alternatives to the paradigms which are the true cause of our personal, organisational and societal problems. He is responsible for:

1. The first viable method for conflict free negotiation - results [here](#)
2. A systemic approach to organisational improvement - results [here](#)
3. A practical programme which builds individual mental fitness and capability - results [here](#)

One of Ashley's current ambitions is to make a productive level of mental health accessible to all. Our mental health is the key to our ability to achieve our potential and deliver on our ambitions both for ourselves and for our society. His commitment to achieving this ambition has led him to offer a pro bono coaching service, some of the results of which can be found [here](#).