

Top tips on energy

Motivational speaker, Chris Barez-Brown, walks us through ‘Upping your Elvis’, a concept which encourages people to take a creative leap, in order to achieve more 10 out of 10s.

In this podcast episode, Chris discusses all things energy with Jon Ball, Client Development Director at Aztec, and our host, Tania Duncan, Head of Marketing and Brand at Aztec.

This episode features:

- Host: Tania Duncan, Head of Marketing and Brand – Aztec Group
- Chris Barez-Brown – Upping Your Elvis
- Jon Ball, Client Development Director – Aztec Group

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