



Out of Oxygen: The Silent Failure Behind High Performance

Why capable people fail under pressure — and how to build Performance Integrity

We take oxygen for granted. Until it's not there. At 20,000 feet, Belinda Beatty experienced this reality firsthand. In seconds, her system began to fail. Not from lack of effort, or skills. From a missing vital condition.

This keynote challenges the dominant belief that performance is driven by effort, motivation, or resilience. Instead, it introduces a new model: Performance Integrity is the inevitable outcome of system conditions. Through powerful storytelling and applied science, Belinda shows how to design those conditions for results that hold, even under pressure, complexity, and consequence. .

The Keynote

A New Definition of Performance

Understand why high performance is not excellence in one moment, but sustained capacity at the core, expressed across environments.

A System for Performance Integrity

Understand how to:

- measure the conditions that drive performance
- identify where your system is weak
- apply targeted shifts to build Performance Integrity for results that hold.

The Hidden Conditions That Drive Results

Discover the three conditions that build Performance Integrity.

- Energy — the capacity to perform without depletion
- Execution — the ability to act with clarity and reliability under pressure
- Scale — the ability to multiply capability beyond the individual

What They Say

Wow! Wow! Wow! So Original. She is a leading Air Force Pilot with an alter ego and has blended the two together for an incredible presentation that maps out the ultimate steps to performance success.

Mike Flynn

The Palms Agency, Brisbane, AUS

Sexy, confident, strong, strategic, entertaining!

Therese Tarlington

Resonance and Resolve, QLD

Absolutely brilliant! Unique. Engaging and useful. Absolutely superb speaker!

Lindsay Grace

Resonance and Resolve, Brisbane, QLD

You're inspiring and have incredible insight into how people work - I felt like you were talking directly to me, about me. I applied your performance tools with instant results. Thank you!

Savannah Carter

Lawyer, Property Investor, Christchurch, NZ

A Unique Perspective

Belinda Beatty operates at the rare intersection of elite systems and human performance.

A current RAAF pilot, human performance architect, and performer, she has built her career performing under pressure in environments where failure has consequence.

She has:

- trained pilots at the edge of capability
- built a multimillion-dollar investment portfolio
- coached high performers across domains
- and lived the systems she teaches

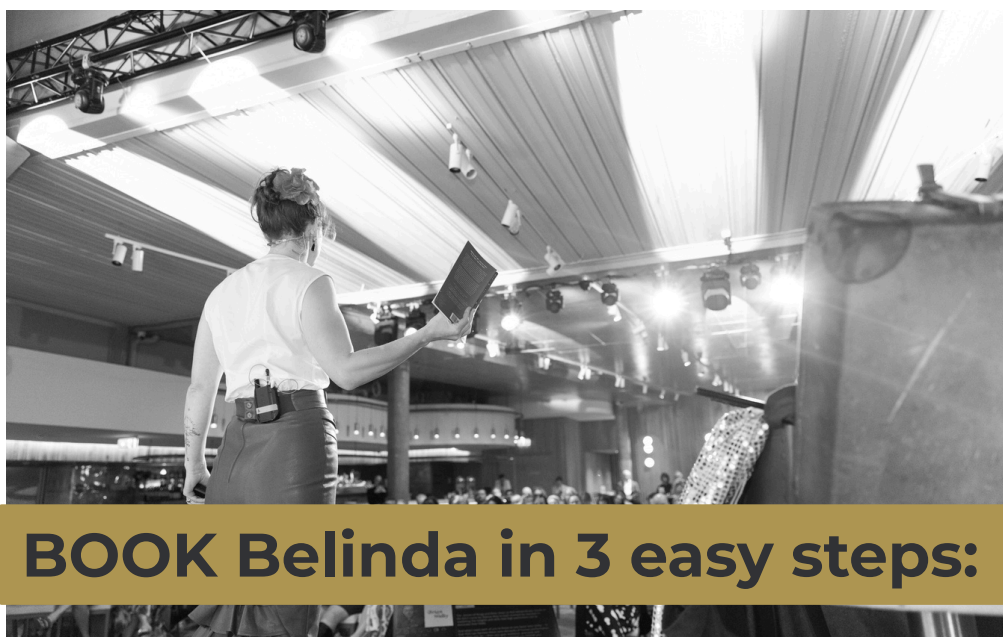
Her work translates across:

- Defence
- corporate leadership
- high-performance teams
- safety critical environment

Because the principle is universal: Every human is a system. Systems either regenerate — or they collapse.



[View Speaker Reel](#)



BOOK Belinda in 3 easy steps:

Step 1.

Let's Discuss Your Vision

[✉ belinda@telt.com.au](mailto:belinda@telt.com.au)

Step 2.

I'll Tailor the Keynote for your audience

Step 3.

Event Day: Energy. Action. Impact. We hit your target.



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