



## Joshua Ellins

Business and Performance Coach | Leadership Development | Organisation Change and Strategy | Outdoor and Workshop Facilitation

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### FRONTIERS LEADERSHIP – JOSHUA ELLINS

Senior executives and founders consistently rank stress and mental load among their top risks to performance and decision quality. Many operate at full tilt, ignoring the early signs of stress until performance, health, or relationships start to crack. Frontiers Leadership helps them build an internal early-warning system for stress and overload, so they can reset faster, decide clearer, and sustain high performance and wellbeing.

My clients report a 7× ROI from coaching and consulting, with benefits extending beyond individual performance to stronger collaboration and faster problem-solving.

#### What Joshua does:

- 1:1 and team coaching for founders and executives
- Leadership workshops, keynotes, and outdoor team experiences
- Advisory on performance, wellbeing, and culture strategy

#### Focus areas:

- Leadership mindset and resilience under pressure
- Team trust, communication, and recovery habits
- Cultures where stress is spotted early and conversations stay honest

#### Who he works with:

Founders, executive teams, and HR/People leaders in high-growth, high-change, or restructuring environments who want performance and wellbeing to reinforce each other, not compete.

#### Background:

Joshua is a former British military officer and founder with 20 years' experience across defence, start-ups, and corporates. He has led multi-billion-euro transformation programmes and facilitated leadership development for C-level teams in top Danish/international companies, blending structured business tools with nature-based and somatic practices (Tik Tok, Ørsted, Bio Innovation Institute).

#### Testimonial:

“Joshua’s practical, empowering tools helped me strengthen my mindset, manage mental saboteurs, and stay clear-headed on my entrepreneurial journey. I highly recommend him to any leaders or entrepreneurs seeking to elevate their leadership and unlock their full potential.”— Katrine Wiik, Social Entrepreneur and Founder of Fri Fugl