Renier Louwrens

MEDIA KIT · 2026

Renier Louwrens

Performance coach · Speaker
Operations executive

Performance coaching grounded in real operational leadership. For schools, sports teams and athletes, business teams, and the individuals who lead them.

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ABOUT RENIER

Lead well when it gets hard.

An operations executive and accredited performance coach. The same principles that make complex operations succeed, applied to schools, sports teams, business teams and individual leaders.

Renier Louwrens is an operations executive and accredited performance coach based in Secunda, South Africa. A chemical engineer by training, he has spent more than a decade at Sasol, first as a process engineer and today as a Production Area Manager leading large-scale, multi-unit, shift-based operations. His work there includes an R80 million revenue uplift in four months, achieved by shifting a 40-year-entrenched operating mindset, and sustained annual savings of R18 million and R13 million.

Alongside that career, Renier became an accredited life and business coach in 2021. He has worked with the leadership students of a local high school for years, chairs the Young Engineers Forum, and coaches business teams, sports teams, athletes and individual leaders on vision, alignment, culture and mental toughness.

His work is informed by experience under genuine pressure: Survivor South Africa: Immunity Island in 2021, the Cape Epic, the 2023 Adventure Race World Championship, a Drakensberg Grand Traverse Fastest Known Time attempt and the 100 km Ultra Trail. He is a husband and father, motivated by faith, family and a desire to make a difference.



AT A GLANCE

- Production Area Manager, Sasol, Secunda. 2023 to present.
- Process Engineer, Sasol. 2015 to 2023.
- Chairman, Young Engineers Forum.
- BEng and BEng Honours, Chemical Engineering, University of Pretoria.
- Accredited life and business coach.
- Based in Secunda. Working across South Africa and abroad.

Survivor SA
Immunity Island, 2021

Cape Epic
Finisher

Adventure Race Worlds
Competitor, 2023

Drakensberg Grand Traverse
FKT attempt

100 km Ultra Trail
Drakensberg

10+
years leading large-scale operations at Sasol

R80m
revenue uplift in four months by shifting a 40-year operating mindset

5
extreme endurance events, including Survivor SA and the Cape Epic

Chair
of the Young Engineers Forum

READY TO USE

Bios and introduction.

Approved as written. Use whichever length fits your programme, article or event app. Text you can copy and paste is at renierlouwrens.com/media-kit.

ONE LINE

1 sentence

Renier Louwrens is an operations executive and performance coach working with schools, sports teams and athletes, business teams, and individual leaders across South Africa.

TWO SENTENCES

2 sentences

Renier Louwrens is an operations executive at Sasol and an accredited performance coach. He brings more than a decade of large-scale industrial leadership experience to coaching engagements with schools, sports teams and athletes, business teams, and the individuals who lead them.

SHORT BIO

About 80 words

Renier Louwrens is an operations executive and accredited performance coach. After more than a decade leading high-performance teams in one of South Africa's most demanding industrial environments, he now brings the same principles to schools, sports teams and athletes, business teams, and individual leaders. His work is informed by experience under genuine pressure, including Survivor SA: Immunity Island, finishes at the Cape Epic and the Adventure Race World Championship, and a Drakensberg Grand Traverse Fastest Known Time attempt.

FOR THE MC

Introduction script.

Read before Renier takes the stage. Adjust as needed for your event.

> *Tonight's speaker brings a rare combination. By day, Renier Louwrens is an operations executive in one of South Africa's most complex industrial environments. Outside of that, he is a performance coach who works with leaders in schools, sports teams, and businesses across the country. He has also competed on Survivor SA, finished the Cape Epic, and run the Drakensberg Grand Traverse. He understands pressure, and he understands how to teach others to lead through it. Please welcome Renier Louwrens.*

SPEAKING

Signature talks.

Talks run 30 to 60 minutes, with Q&A on request. Every talk is tailored after a short virtual meeting with the leaders of the group, to understand the culture, struggles and history of the room.

FLAGSHIP TALK

Purpose & Profit.

Renier's most requested talk, and the one he chooses when asked for one. Why the people and organisations that get clear on their "why" outperform the ones chasing only the number, and how to hold purpose and profit in the same hand without dropping either.



For businesses and teams

FOR TEAMS 01

The 4 Cornerstones of Higher Capacity

Four disciplines that let a person, or a team, carry more without breaking. Built from a decade of running large operations and a parallel life in endurance sport.

FOR TEAMS 02

The Criteria of Decision Making

We are all faced with hundreds of decisions daily, but it's the really big ones, and their probable consequences, that seem to get us down. Understanding the criteria of decision making breaks decisions into quantifiable information bits and helps individuals and teams make the correct call in the midst of ever-increasing pressure.

FOR TEAMS 03

When Extreme Endurance Teaches Ordinary Teams

Based on three adventures in extreme endurance, the Adventure Race World Championships, the Cape Epic MTB tour, and a Drakensberg Grand Traverse Fastest Known Time attempt, this talk gives ordinary teams and individuals a front-row seat to the character-shaping lessons that extreme conditions teach.

FOR TEAMS 04

Inliers: The Story of Consistency

In a world where there is constant debate on whether quantity or quality brings the best results, consistency always wins the race. A talk on the unremarkable habit of showing up, and how it compounds into results that look like talent from the outside.

SPEAKING

For schools and young people.

For assemblies, leadership camps, sports academies and matric groups. Both talks can open into a longer coaching relationship with a school or a team.

FOR YOUNG PEOPLE 01

Do I need better mental health, or better mental strength?

A straight conversation with young people about the difference between the two, why both matter, and which one they actually need to work on before the exam, the final, or the big decision.

FOR YOUNG PEOPLE 02

How does my relationship with failure impact my approach to success?

Beginning to understand our relationship with failure is the single biggest amplifier of future success. A talk that helps young people stop fearing failure and start using it.

FORMATS

Shapes that fit the room.

- Keynote
  30 to 60 minutes, with Q&A on request
- Masterclass
  Half-day to full-day working session
- Workshop
  90 minutes to half a day
- MC and event hosting
  Gala dinners, sports functions, corporate gatherings
- Panel appearances and Q&A

AUDIENCES

Who the work is for.

- Corporate teams and leadership
- Schools and youth leadership programmes
- Sports clubs, academies, and athletes
- Conferences and industry events
- Community and faith-based gatherings



EVENT LOGISTICS

What I bring, what I need.

A short technical rider and the notice periods I work to, so the planning conversation can start in the right place.

WHAT I BRING

- My own laptop
- My own slide remote and pointer

FROM THE VENUE

- HDMI input
- Wireless lapel microphone
  Preferred
- Alternatives, in order
  Handheld cordless, handheld wired, stationary

SEATING SETUP

- Cabaret or informal seating
  Preferred, for interaction
- Theatre style
  Acceptable for larger audiences

TRAVEL AND NOTICE PERIODS

Local and abroad.

I travel across South Africa and internationally for the right engagements. To deliver well, I work to the following notice periods.

International	**Notice**	Minimum 2 months
	Stay-over	3 days minimum
South Africa outside Gauteng and Mpumalanga	**Notice**	Minimum 1 month
	Stay-over	1 to 2 days, depending on location
Gauteng and Mpumalanga	**Notice**	Minimum 2 weeks, subject to availability

These are guidelines, not hard rules. Please reach out and we will work it out.

Booking a talk

Tell me about the event, the room, the date, and what you want people to walk out with. I will come back with a recommendation on format and a talk that fits.

renier@renierlouwrens.com

FREQUENTLY ASKED QUESTIONS

Before you ask.

Can you tailor a talk for our audience?

Yes, and I often do. This is the most effective interaction. It requires an additional virtual meeting with the leaders of the team to understand the culture, struggles, and history of the group. The result is a talk that delivers principles tailored to the audience, with key tools the leaders can use going forward.

Do you MC events?

Yes, I MC a range of events: indoor gala dinners, outdoor sports functions, weddings, reunions, and corporate gatherings.

Do you coach athletes and sports teams?

Yes. Mental performance coaching for individual athletes, squads, and young sportspeople is a large part of what I do. See renierlouwrens.com/sports-coaching for how it works.

Will you talk to my teenager who is struggling?

Yes. For that kind of work, we need a commitment to a relationship rather than a one-off pitch up to a meeting. Reach out and let's discuss what's going on.

IN HIS OWN WORDS

> My everyday determines my one day. Master consistency and everything becomes achievable.

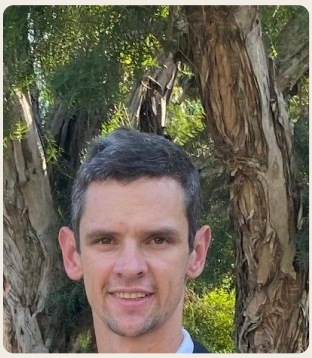
> Beginning to understand our relationship with failure is the single biggest amplifier of future success.

> 80% of all success can be achieved without talent, full sets of resources or ample support, but by simply doing the basics right. The challenge is to determine what the basics are and how "right" looks for you.

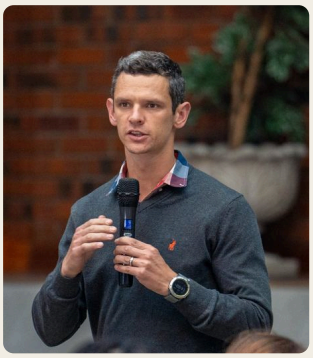
APPROVED PHOTOS

Cleared for use.

Cleared for event programmes, promotional material, articles, and social posts. A credit line is appreciated where space allows. Full-resolution files are at renierlouwrens.com/media-kit.



Official headshot



On stage, close-up



Conference, formal



On stage, wider context



Mid-talk, full length



Trail running, portrait



Trail running, action



Drakensberg, above the clouds

GET IN TOUCH

Let's talk.

One inbox for speaker bookings, coaching enquiries, advisory conversations, and media requests.

EMAIL
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WEBSITE
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LINKEDIN
Renier Louwrens

BASED IN
Secunda, South Africa