



Performance Mindset Programs

Building the mental edge that turns talent into consistent performance

We are never not feeling an emotion and how we feel shapes how we perform. Learning to shift your emotional state so you can be your best self is a skill, and it can be taught.

At every level, from developing juniors to elite competitors, the difference between a good performance and a great one is between the ears — whether an athlete can stay composed under pressure, recover quickly from a mistake, and reliably access their best when it matters most.



Our program gives athletes practical tools they can use the moment it counts.



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What's Inside The Program

Emotions & Emotional State Management

Introduction to emotions, how they impact our performance and managing our emotional state. Short exercises turning neuroscience theory into practical understanding.

The Emotional Culture Deck

A card-based team activity that surfaces the emotions and behaviours needed to succeed – shaping culture, norms and psychological safety of your playing group.

Anti-Fragility & A Resourceful State

Techniques to manage and cope when you feel things you don't want to feel. Understand your first 'trigger' and focus on the power of positive intentions of your coaches and team mates. Learn how to reset with breathwork and an effective NLP technique.

The Circle of Performance

The Circle of Performance • 1 hour
Each player builds a personal, repeatable anchor to access calm, focus or belief on demand. Understand how to work with and use sub modalities to best effect.

Dumping Strategies

Clear the mental clutter – move on from a mistake and return to the next moment with clarity using a simple NLP technique known as a dumping strategy.

What Now?

Consolidate the tools, refine what works, learn how to continue to update and adapt individual resourceful states and dumping strategies. Players commit to changes they will carry into match conditions.

Arrange a free discovery call with Ros

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