



THE INTERSECTION OF PEAK PERFORMANCE & MENTAL WELL-BEING

A Mental Health Webinar hosted by Parker Poe

May 14, 2024

PRESENTERS



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AGENDA

This session will provide tips and techniques to reduce stress by taking cues from sports and military resilience frameworks.

Our presenter will address:

- . Master immediate stress relief techniques
- . Understand the connection between emotional balance and performance
- . Implement enduring cognitive methods to sustain performance


PRESENTER



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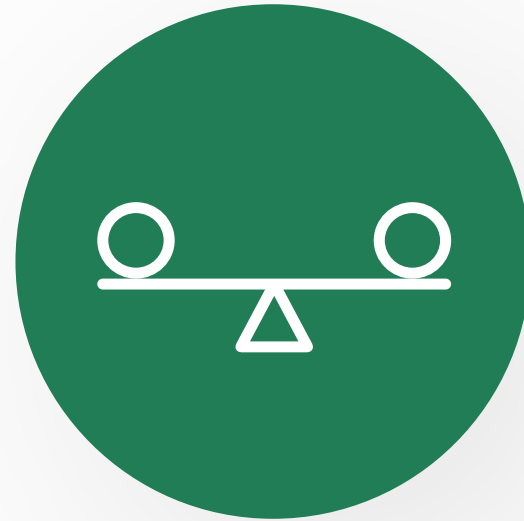


Peak Performance
Unleashed
cultivate.

OUR GOALS



PERFORMANCE
PSYCHOLOGY



EMOTIONAL
REGULATION



GROWTH
MINDSET



MOTIVATION

Performance Psychology Skills

arousal control

decision making

goal setting

problem solving

self-talk/confidence

critical thinking

concentration

analytical skills

motor control/rehearsal

systems perspective

What builds well-being?

1

Positive Emotion

2

Engagement

3

Positive Relationships

4

Meaning

5

Achievement

Protective Factors



On a foundation of



Physical health



Mental Health

Where is there overlap?

SELF AWARENESS

Learning how to use self-awareness to understand what you and others need?

THINKING & MINDSET

This can be a lot of things including self-awareness, optimism, accurate thinking, confidence, goal-setting, etc. Some are more short term and some are long term.

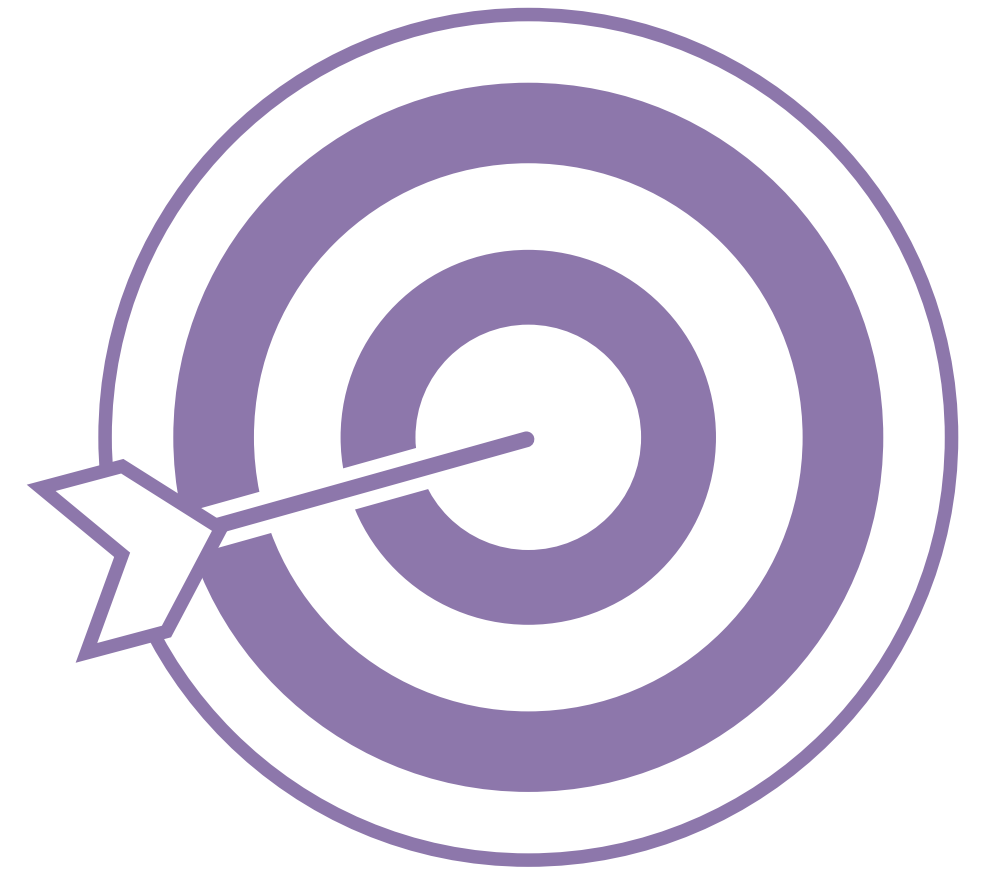
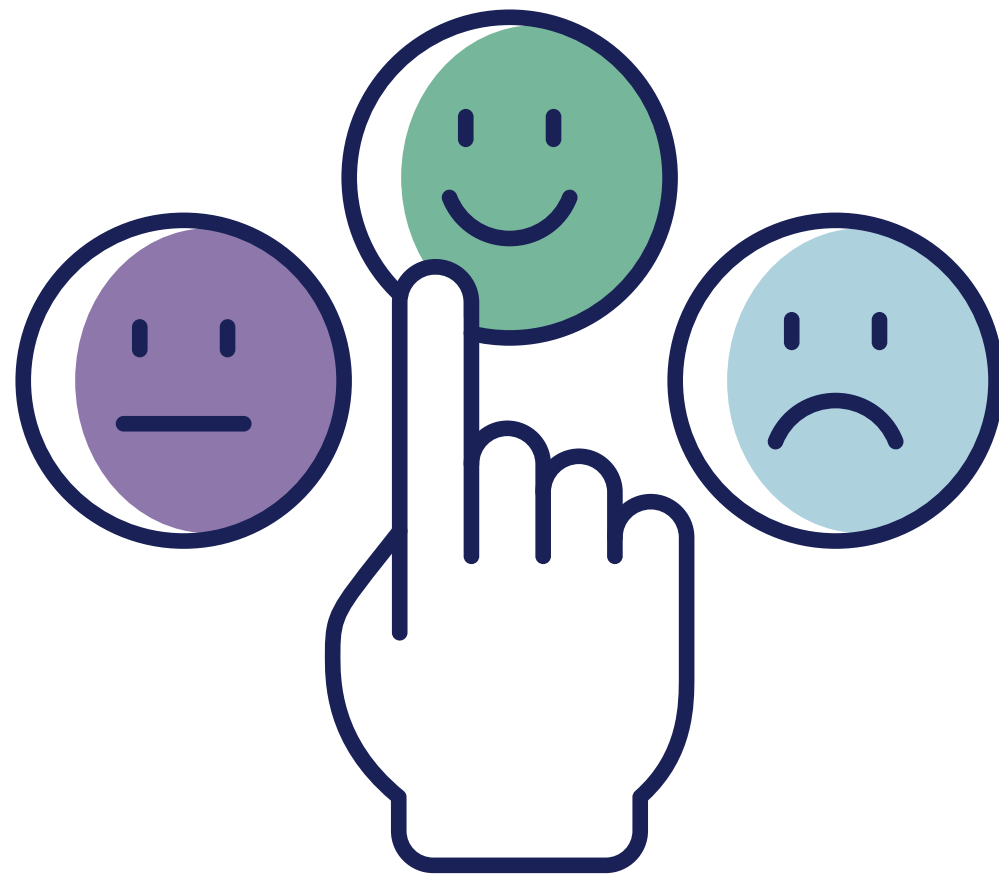
RELATIONSHIPS

Positive relationships are perhaps the most important and least recognized connecting factor.

EFFICIENCY

We are not professional athletes. We do not employ performance psychologists. We need to figure out how to incorporate these skills ourselves.

These skills are
teachable & learnable



CLE CODEWORD: REGULATION

01.

STRATEGY 1:
EMOTIONAL
REGULATION

WHAT DOES THE RESEARCH SAY?

CHRONIC STRESS CAN CAUSE NEGATIVE PHYSICAL AND MENTAL HEALTH IMPACTS.

MODERATE, SHORT-LIVED STRESS CAN IMPROVE ALERTNESS AND PERFORMANCE AND BOOST MEMORY.

LOW AROUSAL



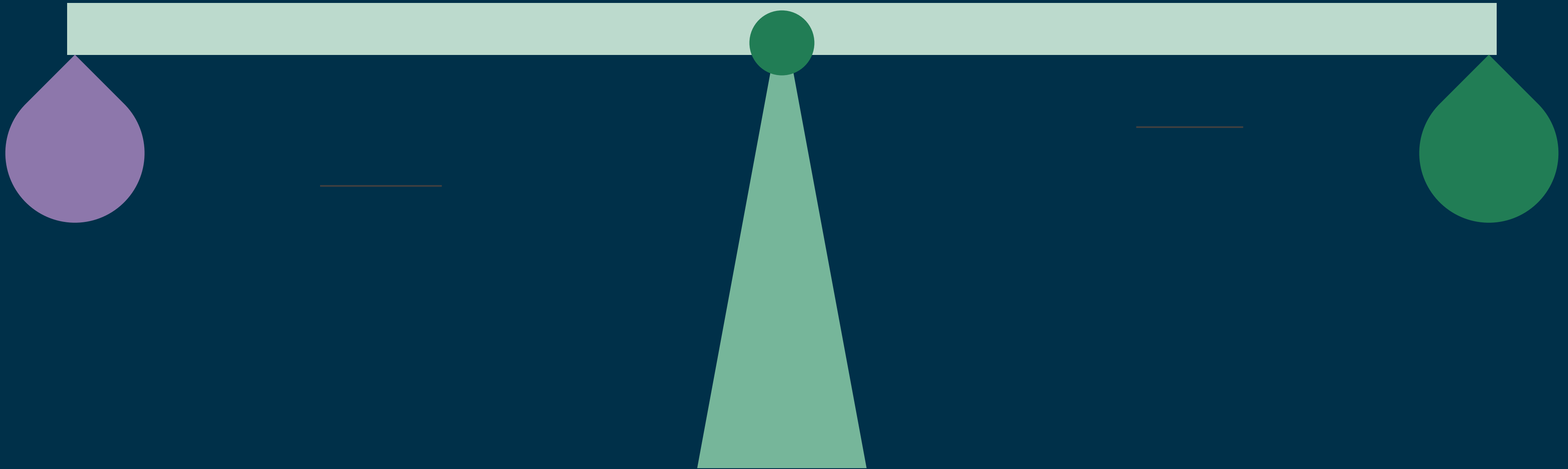
relaxed
low attention
low focus

HIGH AROUSAL



high anxiety
high attention
focused

peak performance





Strategies

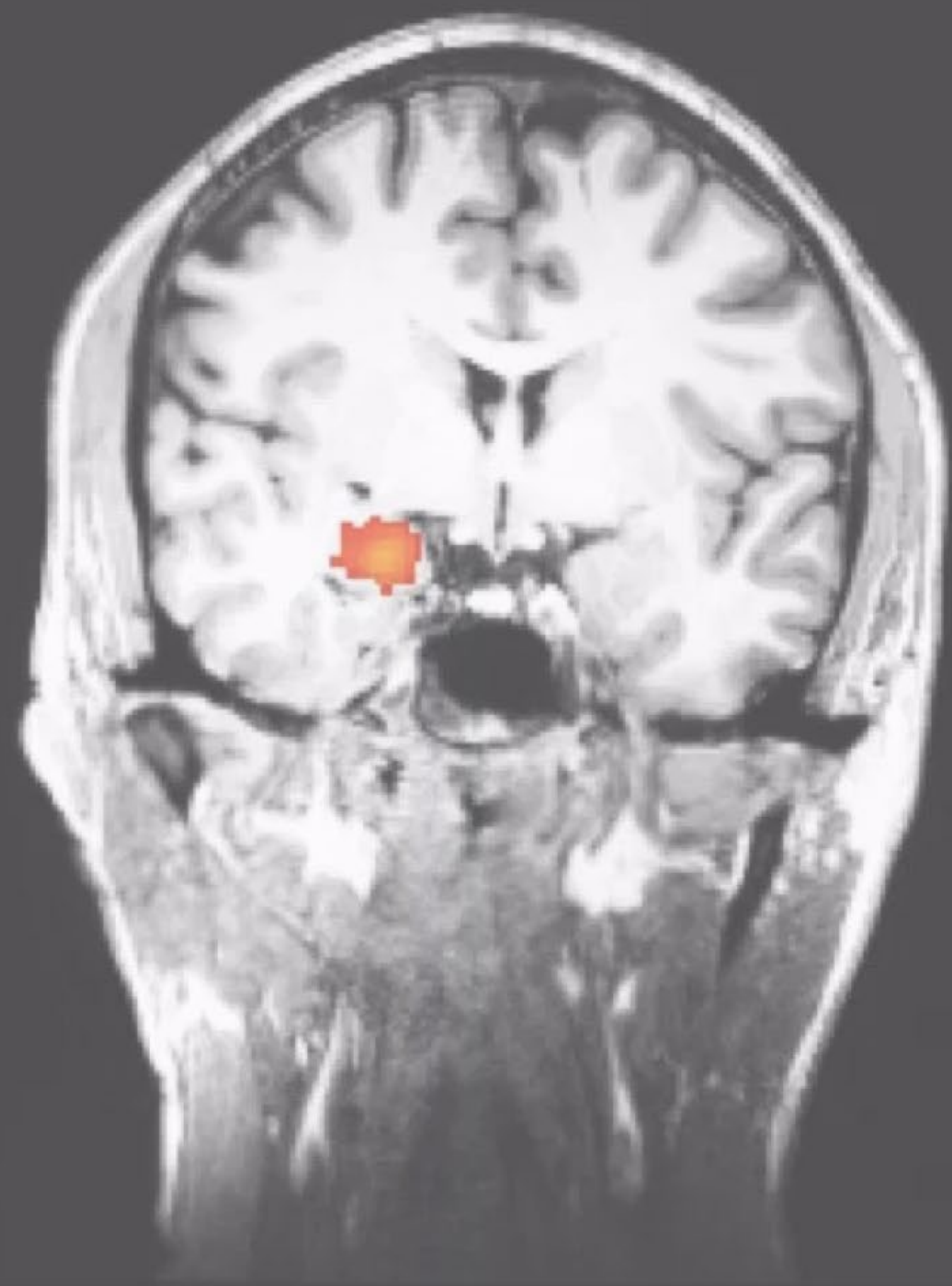
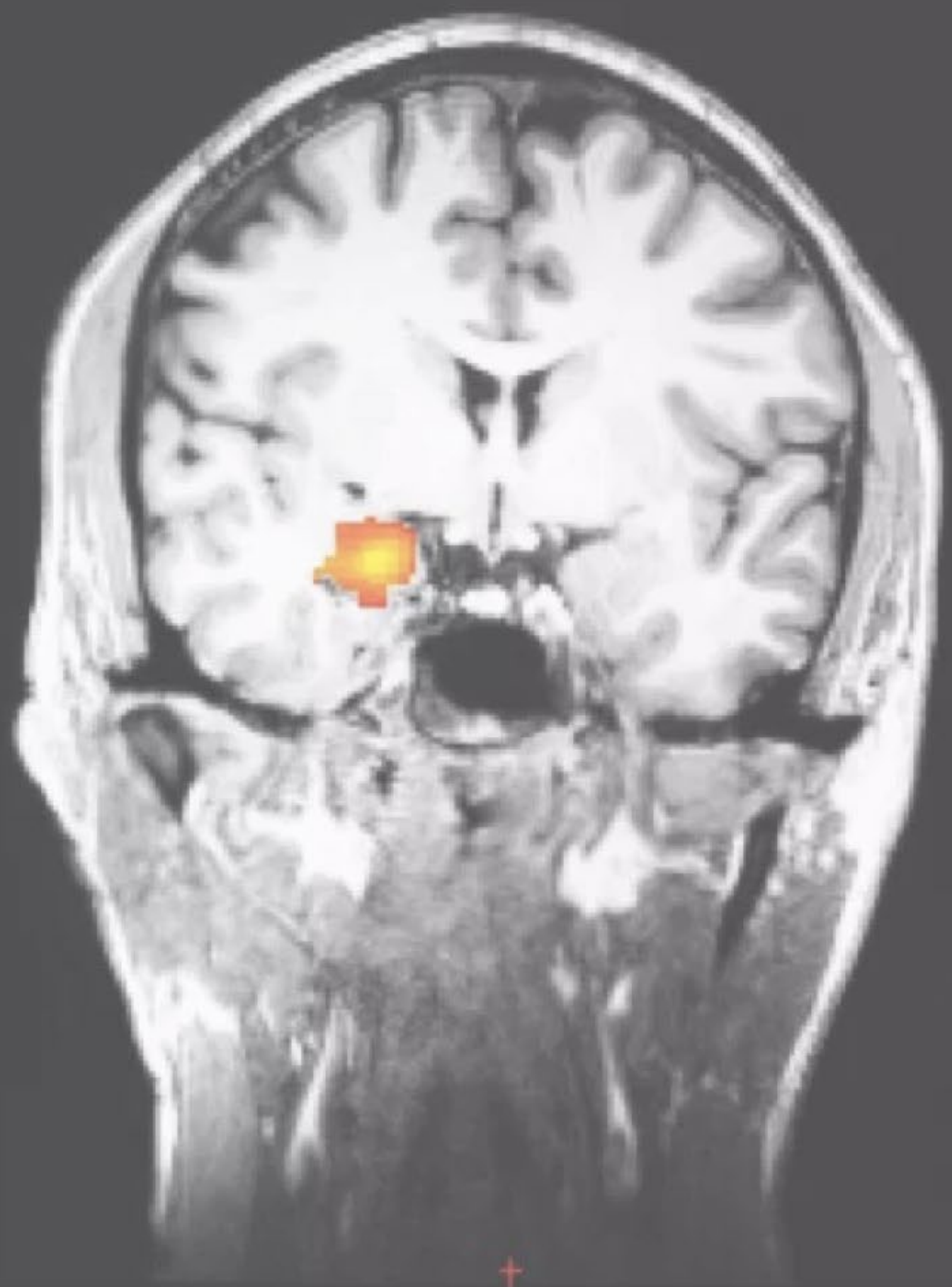
SLEEP

REST

MOVEMENT

BREATH

REPETITION



HOW TO PRACTICE EMOTIONAL REGULATION

ASK: How is this emotion helping or hurting me?

ASK: What can I do to impact my emotional state?

02.

STRATEGY 2:
GROWTH
MINDSET

GROWTH MINDSET

- ✓ I can learn anything new
- ✓ Effort is the main factor that determines my abilities
- ✓ With each failure, I will learn and get better
- ✓ I think that feedback is constructive and helpful

LIMITED MINDSET

- ✗ I'm either good or I'm not
- ✗ My abilities are predetermined by my genes
- ✗ Failure shows me what I'm not good at
- ✗ I don't like to get out of my comfort zone
- ✗ Feedback is always criticism



PLAYOFFS

Google Pixel
The Google Pixel

PLAYOFFS



PLAYOFFS

Presented by



HOW TO PRACTICE GROWTH MINDSET?

ASK: What can I learn from this mistake or
experience?

ASK: What is one thing that went well this week?
What is one thing I need to work on?
What is one thing that I can learn from?
(ROSE, BUD, THORN)

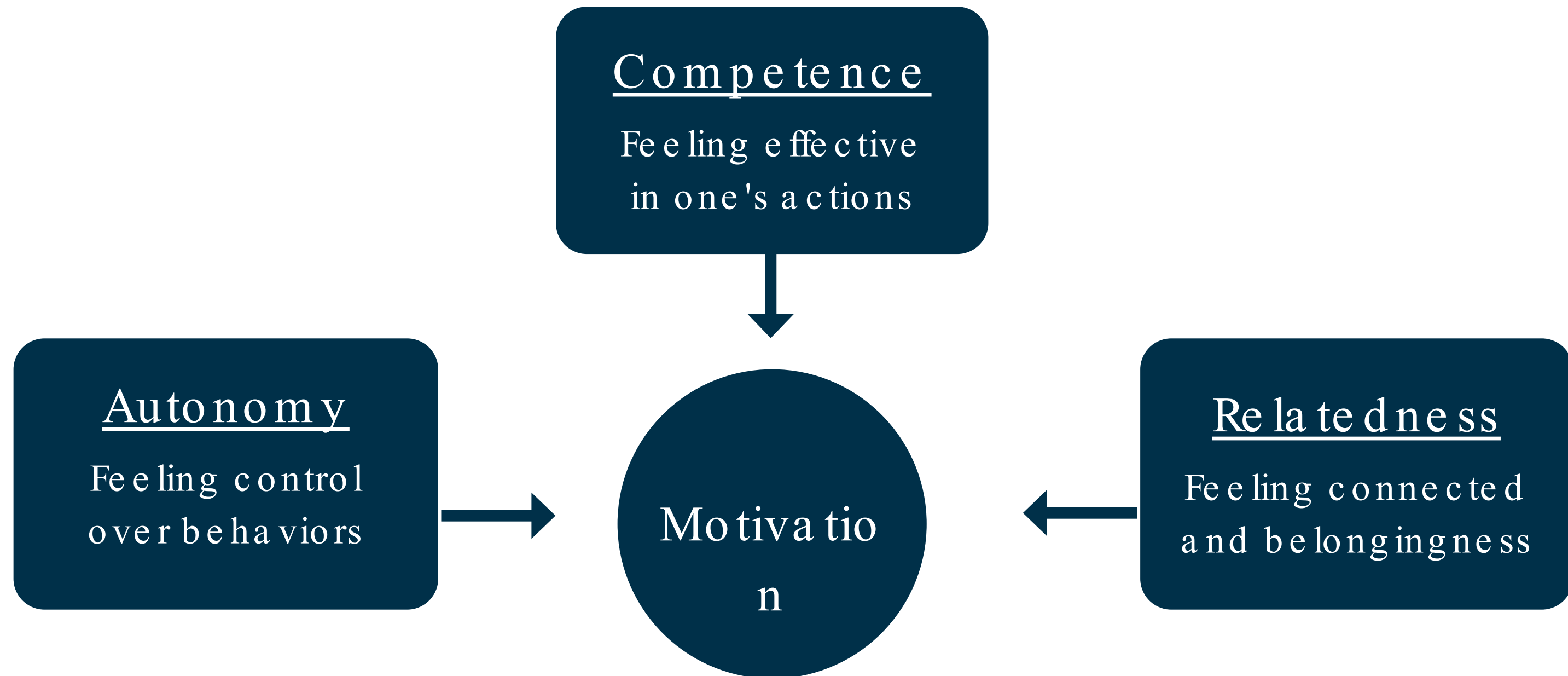
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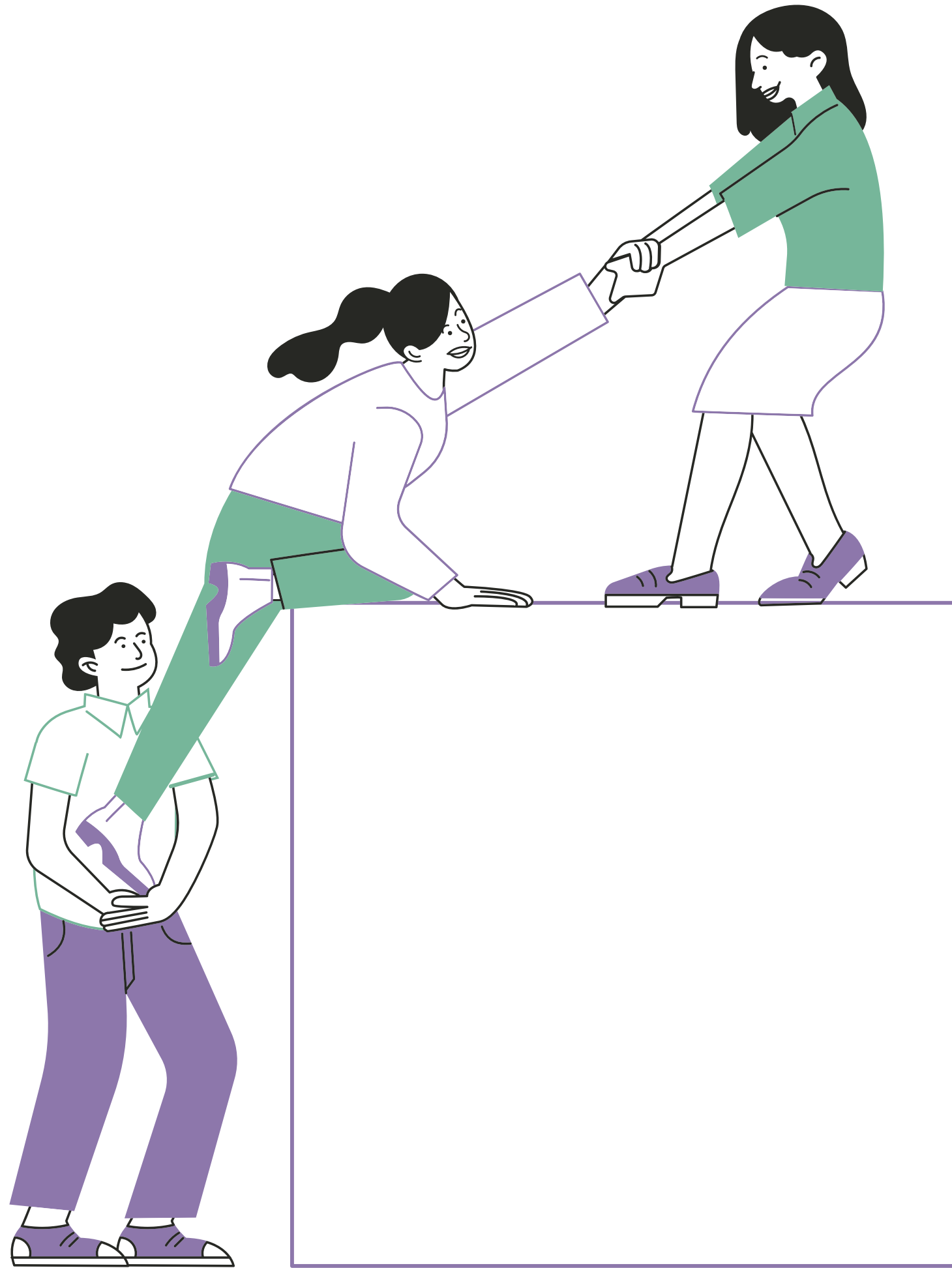
STRATEGY 3:
MOTIVATION/
GOAL SETTING

WHAT FEEDS MOTIVATION?

Motivation is a critical element to thrive in nearly any environment.

Three key ingredients to finding and building motivation include:





HOW PURPOSE FUELS MOTIVATION

GOAL SELF-CONCORDANCE (I.E., HOW CONSISTENT GOALS ARE WITH AN INDIVIDUAL'S INTERESTS AND VALUES) HAS BEEN DEMONSTRATED TO LEAD TO GREATER AND MORE SUSTAINED EFFORT IN ACHIEVING THOSE GOALS - WHICH THEN LEADS TO A GREATER LIKELIHOOD OF ATTAINMENT (SHELDON & ELLIOT, 1999).

CLE C O DEWORD: M O TIVATION

PUTTING IT INTO PRACTICE



VALUES & STRENGTHS

What work do you enjoy?
With whom do you like to work?

What skills and strengths?



GOALS

Short and long-term goals?
Career & personal?



OBSTACLES

What obstacles do you anticipate?

How can you overcome obstacles?

HOW TO PRACTICE MOTIVATION?

ASK: When am I at my best?

ASK: What are my strengths?

ASK: How do my strengths and my goals overlap?

04.

PRAC TICAL
STRATEG IES

HOW TO PRACTICE MOTIVATION?

REGULATION: How does this emotion help or hurt me?

GROWTH MINDSET: How can I learn from this positive outcome/setback?

MOTIVATION: How do my strengths and my goals match?

THANK YOU

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CONCLUSION