



Peak Performance

MIND COACHING

Justin Su'a

Matt Hall 58:37

MH

This is so awesome! To have everyone here together. 😊

Key Takeaways



1

2

3

Why do people who are at the top of their game need coaching?



They're UNDER a
lot of **PRESSURE!**

We're ALL under PRESSURE!

Zarine Bharda 01:12:47

ZB

Feeling like I'm the only one pushing hard - finding the right leaders

Kari Boll 01:13:05

KB

balancing leading my builders and team while also being a super present momma to my toddler

Agnieszka Pleti 01:12:58

AP

building relationship

Damaris Vargas 01:13:18

DV

Follow up.

Silvia Garrido 01:11:32

SG

people!

Lillian Wenger 01:11:37

LW

Time

Josee Ruelland 01:11:40

JR

Pressure

Rebekah Coakley 01:11:42

RC

Doubting yourself

Annelise Piers 01:11:46

AP

non committal signups

Rosie Gremmert 01:11:49

RG

Feeling alone in it

Neisha Arya Saxena 01:11:48

NA

multitasking!

Ioana Marginean 01:12:01

IM

limiting beliefs

Elaine Krishnan 01:12:29

EK

consistency

Michelle Marshall 01:12:02

MM

Mindset

Lily Peterson 01:12:00

LP

Figuring out where to put my time and where it'll be most beneficial

Wendy Berry 01:12:01

WB

dealing with different personalities

Corrie Ratzat 01:12:13

CR

Lack of self confidence

Synthia Lau 01:12:32

SL

hard to find leader

Melissa Herman 01:12:17

MH

people want immediate results

Maharukh Sarkari 01:12:19

MS

getting the people who have enroll to buy products every month

Jeanneth LaBarre 01:12:23

JL

believing I have what it takes to lead



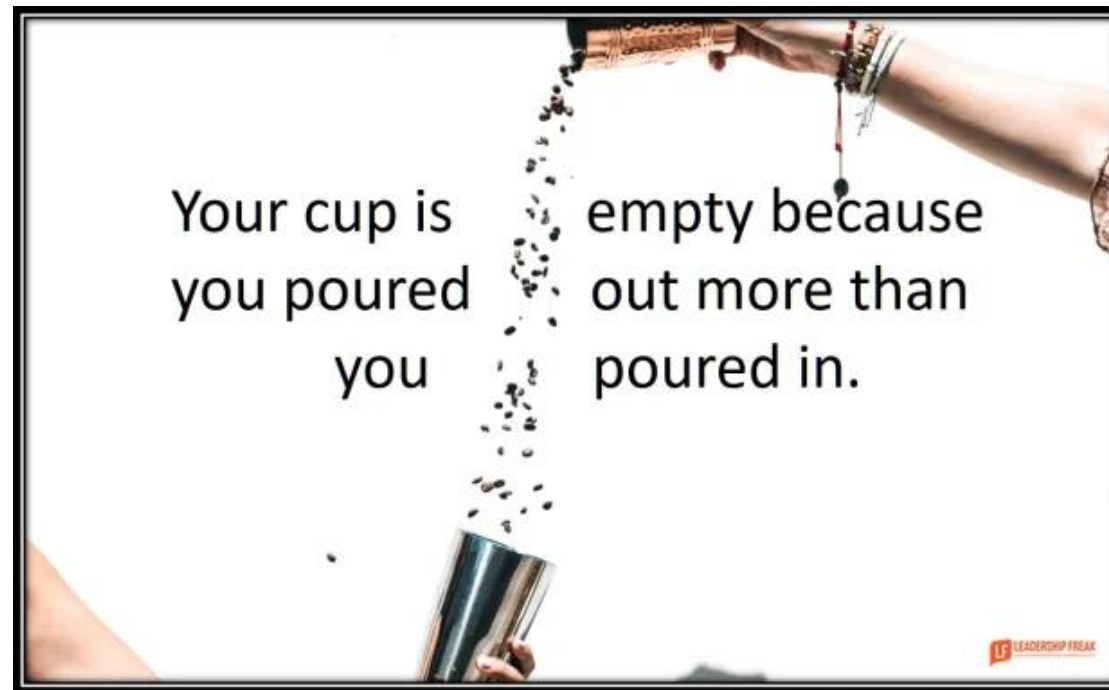


Elite Performers/Leaders
**Acknowledge the 'Brutal Facts' of
their situation....**

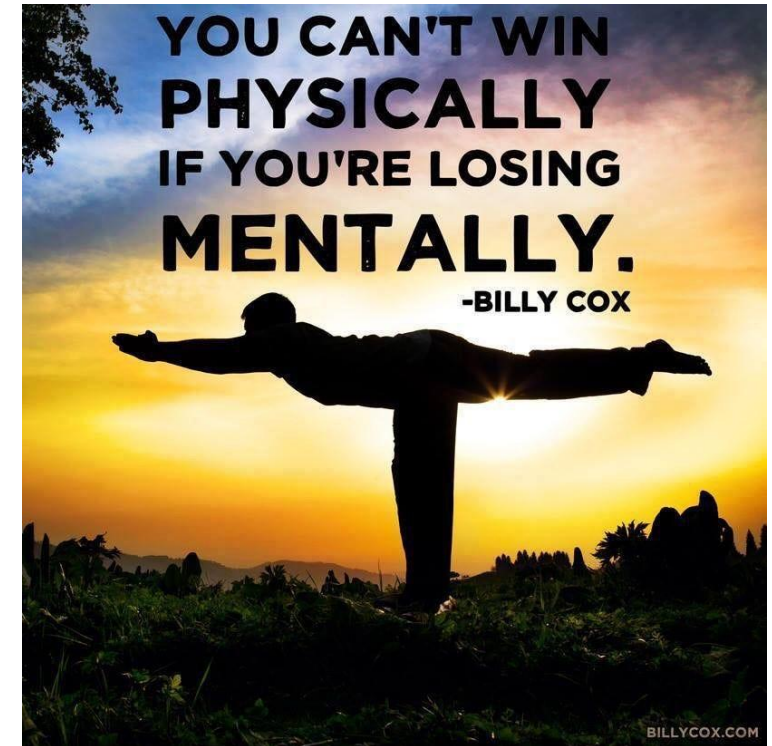
The Stockdale Paradox!

NOT OBSTACLES to hold us back, but opportunities to propel us forward! Goes with the Territory!

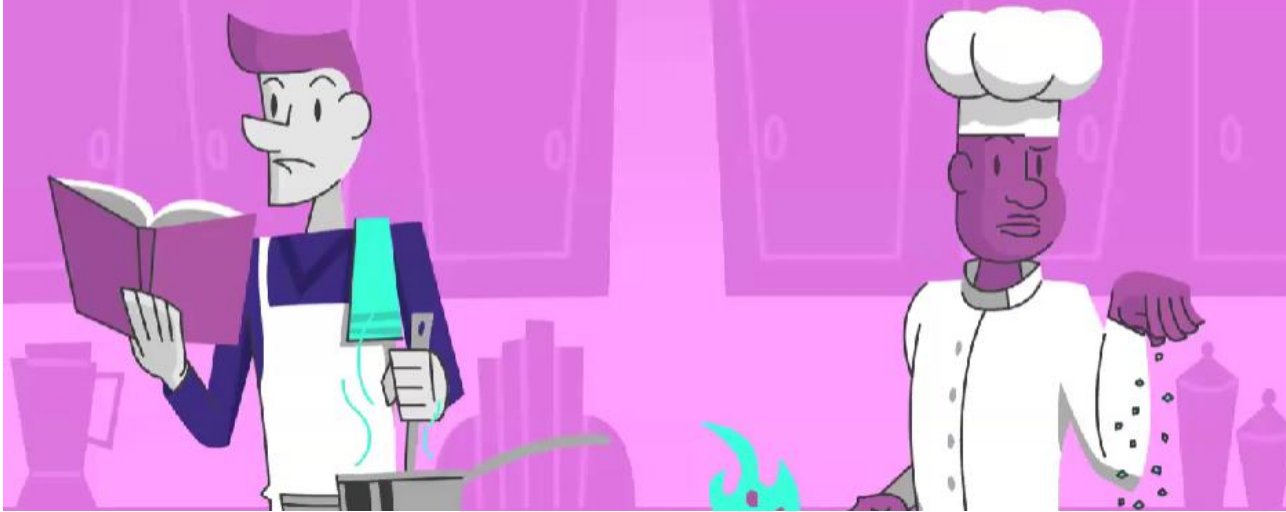
Sometimes when we're investing in building a business, **we forget to INVEST in OURSELVES!**



- ✓ Take time out, go or do something that is restorative!
- ✓ Get around the fountains! ENERGY, people that make you feel good!
- ✓ Remember WHY you are doing what you do!
- ✓ **Feed your mind! Business THRIVES!**



Are you a **cook** or a **chef**?

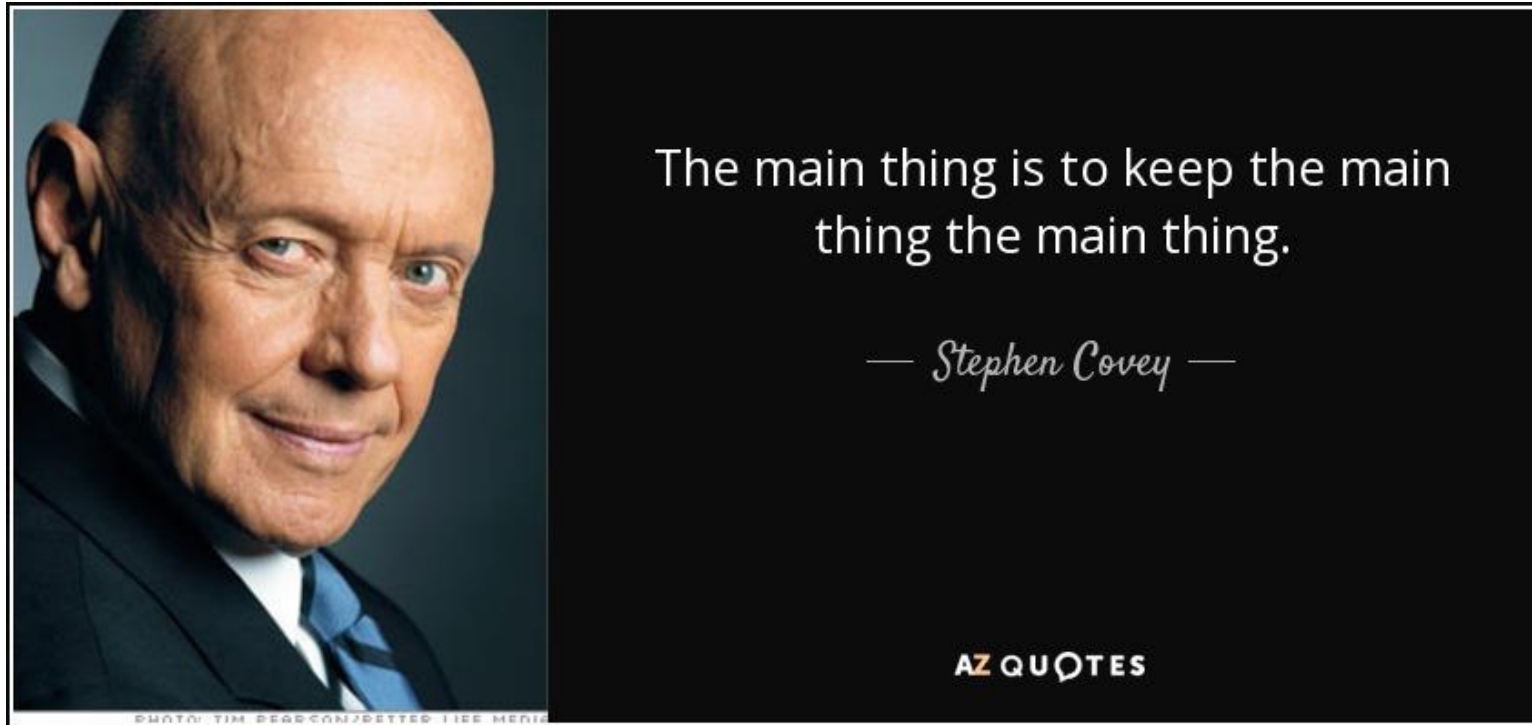


- ✓ Creative
- ✓ Understand Ingredient Intricacies
- ✓ They could write a book
- ✓ They can improvise!

You GIVE power to what we give attention to!

GOOD or BAD

What we FOCUS on MAGNIFIES!



What NEEDS you ATTENTION? Your FOCUS?

I can
CONTROL
YOUR MIND!



How did I do it?

**By simply asking you a
question... to FOCUS your
ATTENTION!**



If you want better
ANSWERS, ask
BETTER questions!



Max had an outstanding game 🏆 dominated right back with his pace and strength but also supporting our attack. He was switched on and focused throughout and stuck tight to his man when off the ball 🙌🙌🙌

Above all else....PLAY WITH PASSION and the HEART OF A LION...so they would want to give you man or the match..... thats ALL I ASK....PLAY LIKE A WARRIOR...

Dont forget all of this when you step on the pitch.... BRING IT WITH YOU.... hold your head up high.... you are MAXI BOY REA 🙌🙌

21:35 ✓✓

If I had said, how are you feeling before the match? It's the wrong Question to ask!

I'm Controlling his mind! He would then focus on fear, doubt, not feeling great! IMPACT his performance!

So, you must FOCUS on what YOU want to go right not what you don't want to go wrong!

Q, What's your OBJECTIVE TODAY MAXI....?

A, Play with PASSION, and get MAN of the MATCH....

We also NEED to ASK better questions of ourselves!

Instead of; Why am I so rubbish at xyz.....?

Replace with; How can I get BETTER at xyz.....?

Better Questions will help you direct your attention more effectively!

**MIND YOUR
LANGUAGE!**