

The High Performance Mind Body Sport Program

A system of strategies and mental techniques to develop the full potential of the mind, releasing stress and fatigue through deep physical rest and recovery, removing anxiety, increasing positive thought, attitudes and beliefs leading to a quantum leap in performance results, enjoyment and satisfaction.

GRIFFITH

Developing High Performance People

Creating a Mental Breakthrough in Performance

To reach the highest levels of success in all sports there is extensive physical and skills based training. Yet the ability to manage the effect of stress on the mind is often left entirely to chance. When performing at the elite level it is the mind and the ability to handle pressure or stress that is the X Factor – the Razor Edge difference. The High Performance Mind Body Sport Program brings a new level of learning to enable athletes to gain skills and techniques to manage the mind, reduce stress and increase resilience, positivity and belief.

In recent years science has provided us an exciting look into the physical aspect of the mind; our brain. Brain research studies show how thoughts stimulate a complex array of chemical and electrical receptors called neuro chemicals in the brain that move through the neural pathways affecting all aspects of how we feel, our moods, positivity, clarity of thinking and energy.

Thoughts greatly influence our physical and emotional state. The state we are in can vary day to day depending on what we are thinking, how well we have slept, how we are reacting to pressures and levels of

fatigue. These are all factors in how we think, feel and perform. What is stress and how does it differ from pressure? Some experts will say stress is good, yet recent research shows that stress can have a very detrimental effect on health, concentration and self belief. Pressure is perceived by the mind and is different for every individual. Stress is the by-product of a buildup of chemicals in the body that include increased levels of adrenalin, cortisol and dopamine, as a result of the inbuilt fight or flight response.

How do we know we are stressed?

The early signs include not sleeping well or waking up in the night, feeling tired when you wake up, over reacting to issues, being impatient or short and sharp, lacking energy or focus and the inability to concentrate. Ineffective and unconscious ways of dealing with stress can lead to destructive coping measures like the use of stimulants, alcohol and drugs. In many cases there can be the potential over use of sleeping tablets to gain unnatural rest and caffeine drinks to increase energy which all have short term benefits with medium term damage.

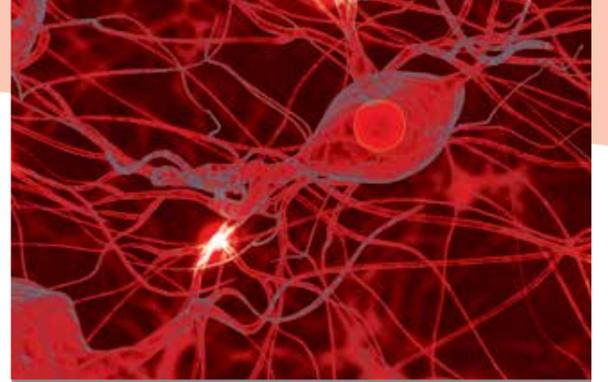
With the added pressure to maintain strict physical regimes as well as to perform well in order to remain picked in the teams, athletes can begin to see an increase of stress and fatigue that if not carefully managed can influence confidence, self esteem and enjoyment. This may lead to negative

communication and relationships on and off the field, not only affecting their personal performance but even impacting team morale.

The effective balance of expenditure and recovery of energy is the key

to the High Performance Mind Body Sport Program. This is a training program to learn and understand not only how we can develop the brain but the knowledge and skills to have much more power over the mind. A simple effortless mental technique is learned that allows the mind to become very settled and to establish a quiet inner state that takes the body into a level of rest twice as deep as sleep in just 15-20 minutes. The body's natural state for healing and recovery is deep rest, but to create this state while the mind remains effortlessly awake and conscious, as in this meditation process creates a unique increase in brain coherence leading to more mental clarity and faster reaction times.

The High Performance Mind Body Sport Program involves a system of learning and knowledge along with personality profiling to support the growth of resilience and optimism. With many research studies confirming the benefits to the mind and body, the High Performance Mind Body Sport Program provides an opportunity for new learning that can allow individual athletes and teams to take a quantum leap in results and satisfaction.



"A fantastic program which has left me truly inspired by the transformation of the group. Our group has come to an amazing realization, that they can control their minds, that seem to control them."

Harry O'Brien, Professional Athlete, Collingwood Football Club

"I enjoyed it immensely. Having the background knowledge is vital when trying to get the most out of meditating. Extremely worthwhile exercise to participate in! I have noticed the benefits after only four days."

Simon Kearney, Head of Sports Science, Melbourne Storm Rugby League

Meditation is fundamental to a healthy life balance. High energy levels and clarity of thought are critical in an elite sporting environment and meditation facilitates both. Numerous Individuals within our team have benefited, and it remains a key part of our weekly preparation.

Scott Watters, Senior Coach, St Kilda Football Club

Steps to creating a Breakthrough with the Mind Body Sport Program.

STEP ONE

THE POWER OF FULL ENGAGEMENT, ENERGY AND THE FOUR INTELLIGENCES OF THE MIND AND BODY

Seminar One: 9.30am - 12.30pm

1. THE FOUR INTELLIGENCES OF THE MIND AND BODY

- The Four intelligences of the mind and body
- The mind, the brain and thoughts
- The biology of mood
- Thoughts and neuro-chemicals
- Thinking and hard wiring of the brain
- Neuro-plasticity and rewiring of the brain to create a breakthrough in thinking, attitudes and beliefs
- The relationship between the mind and body
- The power of thoughts and feelings in seeing the unseen culture of team performance and results
- How energy effects IQ, EQ, PQ, SQ
- My State and its effects on performance

2. THE PHYSICAL EFFECTS ON THE BODY OF MENTAL AND EMOTIONAL STRESS

- Pressure, adversity, resilience and optimism

- Emotional Intelligence and stimulus response mechanisms
- Learning to choose responses
- How stress influences the body
- The effect of stress on communication
- The fight and flight effect on the body
- The neo-cortex and the limbic brain
- How the recovery of energy rebalances mental clarity, concentration and focus
- Pleasure and pain- How we develop poor coping strategies with stress

3. HOW THE MIND CAN RECOVER AND REVITALIZE THE BODY

- The power of the mind over the body
- The power of pause, transcendence and recovery
- How the mind can reduce the metabolic rate twice the level of sleep and remain awake - The Power of Meditation
- Rebalancing deep rooted stress and fatigue, recovering all levels of the mind and body
- Creating higher levels of energy to create increased level of mental clarity, concentration and ease and enjoyment.
- Research findings on the Mind Body Sport Meditation Program

STEP TWO

THE MIND BODY SPORT SUCCESS WITHOUT STRESS MEDITATION PROGRAM

A four day program to learn a powerful yet simple, effortless mental technique of meditation that in the first session, will enable the mind to become settled and quiet creating a level of rest twice as deep as sleep yet the mind is fully awake and alert. This allows the mind to become much more mentally clear, increasing concentration and focus while giving the body deep recovery reducing stress.

DAY ONE - 45 Minute Individual Technique Session

PERSONAL INSTRUCTION INTO THE SUCCESS WITHOUT STRESS TECHNIQUE

1:1 personal instruction in the meditation technique by a qualified instructor. The Learning Process is conducted step by step. During this session the body gains a profound level of rest and deep relaxation is experienced while the mind remains alert.

DAY TWO - 2 Hr Group Session

ESTABLISHING THE CORRECT PRACTICE OF THE TECHNIQUE

The second day of the program is one for verification and validation of your practice. This session covers all the

practical aspects of using meditation in your daily routine. When, where and how to do it to get the best results.

DAY THREE - 2 Hr Group Session

UNDERSTANDING HOW THE TECHNIQUE EFFECTS THE MIND AND THE BODY

On the third day of the program we continue to build your understanding of the technique. We explore how the mind and body work together during a meditation session. How the deep rest of the meditation affects the mind and develops a more positive state of energy and clear thinking. We continue to confirm the correctness of your experience.

DAY FOUR - 2 Hour Group Session

IDEAL SELF AND IDEAL PERFORMANCE

The fourth day focuses on the immediate and long term benefits of the technique. In this session we understand how we create physical, emotional and mental stress and how it affects our health, happiness and resilience. The stress response impairs brain functioning, creativity and problem solving ability. Understand how to eliminate the stress that accumulates in the body over a life time. Experience clear, focused, creative thinking and start living your full potential.



"I initially took up Meditation to enhance sporting performance but found it impacts on my whole life. Meditation gives me increased energy, clearer mind & focus. I am more tolerant and better able to cope with life. It's been a major contributor to my development, resulting in increased fulfillment in my life."

Ron Williams, All Blacks 1988-89

"I have found this to be extremely informative and educational and would be interested in learning more. The meditation sessions (both the group and individual) have been beneficial even in this short time so far. I look forward to continuing and becoming better at the process."

Matthew Boyd, Athlete, Western Bulldogs Football Club

STEP THREE

> THE HIGH PERFORMANCE COACHING SESSION

One-on-one coaching sessions are a key strategy supports the shift towards establishing new positive routines and a move towards the highest level of engagement and results both personally and professionally. This session allows individual discussion on the meditation practice and routine.

“Using meditation just before I compete, between the warm up and actual event, I find it to be a very powerful and effective tool. When I hit the track, everything comes together, the mind and body working as one. The meditation really helps me to become one unit.”

Steve Lee- Australia’s downhill skiing Champion for 13 years; was ranked in the top 15 in the world. Winner of the Alpine World Cup. Three times represented Australia in the Winter Olympics; Channel 7 Winter Olympics Commentator 2010

“Meditation significantly allowed me to focus on things that are important at the moment. I don’t get too stressed or use up a lot of nervous energy prior to the game. My body recovers quicker after the game, and meditation removes mental barriers.”

Justin Madden, Minister State Government of Victoria, Past AFL Player with Carlton Football Club

STEP FOUR

> HOW TO UNDERSTAND THE TEAM PERSONALITIES FOR BETTER COMMUNICATION AND SUCCESS

Seminar One: 9.30am – 3.30pm

How to understand team members and develop more effective communication using the Enneagram.

The Enneagram is a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling and acting. This can be a helpful tool to enhance the way a team relates to each other as well as providing a greater understanding of circumstances and issues from the perspective of personality.

- Identify Enneagram personality types in your team
- Identify what the underlying causes of a particular personality style are
- Review of Nine Enneagram personality types
- Understanding unconscious behaviours of different types
- Understanding relationships between and influences of type
- Understanding own type and types of others
- Organizational change using the Enneagram

STEP FIVE

> MIND BODY SPORT REJUVENATION PROGRAM

Seminar 3: 9.30am – 3.30pm

Utilizing the meditation technique with a special program to engage all the participants in a deep recovery session. Using a full day workshop, the Rejuvenation Program will include topics to further enhance the growth of leadership competencies, styles and will include The Mind Body Sport Success Without Stress Meditation Program.

STEP SIX

> THE HIGH PERFORMANCE COACHING SESSION

Individual coaching sessions monitor the progress and maintain focus on goals and identifying the move towards higher Performance Levels. This session allows individual discussion on the meditation practice and routine

STEP SEVEN

> THE HIGH PERFORMANCE MONTHLY DEVELOPMENT PROGRAM

Monthly maintenance:
1 hour Group sessions

The Mind-Body-Sport Development Program is designed to maintain the long term benefits of the High Performance Mind-Body-Sport Program. The Monthly program works across all areas of building an individual’s transformation to develop new resources of resilience and stamina to withstand pressure and adversity.

“Firstly, this program has been a valuable tool providing a catalyst for group discussion and a narrowing of focus and greater understanding of why we exist at this club and what we can achieve together if we really want to do so.

In discussion, it is evident that it really doesn’t matter whether meditation is beneficial or not. It’s whether we think it is. In that sense you have provided enough evidence to suggest it does and my belief or otherwise will now be a product of the results I gain from it.”

Nathan Buckley,
Senior Coach, Collingwood Football Club

“Meditation has helped me become much clearer in my outlook. In training my body now functions much better- Overall, it has helped me perform better. Ordinarily training is for the body, but it does not train the mind. Meditation provides that level of training for my mental clarity and sharpness, and for the balance of my entire being, my whole well-being.”

Michelle den Dekker: Captain, Australian Netball Team 1989-1995, Twice World Champions 1991 & 1995; Coach/Player, Queensland Firebirds, National League.

“The Program helps me recover much more quickly. I slept much better and that flowed through to how I felt - more positive in myself; more at ease and confident. Great Program.”

Luke Darcy, Media Commentator and former Western Bulldogs Player



For over 25 years the Griffith Consulting Group has worked with some of Australia's leading corporations including National Australia Bank, Coles Myer and McDonalds as well as leading sporting groups including individuals from the Olympic team, The Australian Football League, the NSW Waratahs, the Fiji 7s and the NFL .

Some of the Griffith Consulting Group Programs include the High Performance Leadership Coach Program, the Success Without Stress Program, the High Performance Mind - Body - Sport Recovery Program, the High Performance Breakthrough Team Program, the High Performance Sports Team Program, the Leader as a Coach Program and One on One Coaching.

The Group's focus is on enhanced energy, engagement, health and wellbeing for executive development, leadership, corporate change and cross-functional team building. Each program is based on a sequential system of seminars, workshops and coaching to establish the self directed, long-term development of the individual that maximizes results in business, sport and life.



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