

LUKE TYBURSKI

PERFORMANCE MINDSET COACH



We are taught how to train our bodies, and we are educated on how to train our craft or profession, but most people are not taught how to train their minds to achieve peak performance.

A former professional footballer, who now takes on some of the world's most extreme ultra-endurance challenges; Luke Tyburski's entire life has been about performance, overcoming obstacles while dealing with setbacks to achieve his daily best.

Luke has translated his unique experiences as an extreme-endurance athlete, former professional footballer, and overcoming his dark personal battle with depression into informative workshops and presentations. These interactive experiences help individuals and organisations collectively perform at their highest level through implementing a Performance Mindset.

He has spoken to audiences in Australia, New Zealand, Singapore, South Africa, Hong Kong, U.S.A, Europe, and throughout the UK teaching his Performance Mindset techniques within various corporate industries, to entrepreneurs, and athletic teams.

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KEYNOTE TOPICS

Mental Performance For Life

Focus On What No One Else Can

Your Attitude Creates Opportunities

Don't Raise Your Bar - Remove It!

Failing Towards Peak Performance

The Enlightened Mindset

Endurance Sports & Running Adventures

Depression And Mental Health

Adapt & Thrive While Working From Home

TESTIMONIALS

"Luke Tyburski has a background that justifies his position as a leader in promoting a positive mindset to get you through any situation.

His emotive stories and powerful strategies should be experienced by all. Attitude changes everything, and Luke's positivity is infectious."

Mike Burt

Founder One Performance UK

"Luke is an exceptional speaker, he manages to captivate his audience with wit, charm, and enthusiasm. I asked Luke to come in and share his thoughts on 'Mindset' with our company, in preparation for our forthcoming financial year.

His talk was extremely well received and left us all with actionable advice that meant the whole company could benefit and gain value."

Jamie Fricker

Global Commercial Director Fliplet, Enterprise Apps Made Easy

"A first-class presentation delivered by a world-class public speaker. Luke Tyburski kept our guests spellbound with his adventure stories.

Informative, educational, inspiring, and very very entertaining; Luke comes highly recommended!"

Jason King Co Director of EtchRock

Co Director of EtchRock

Luke's presentation was extremely interesting and provocative. He really made us think and challenge the way we perceive everyday situations.

It's great to listen to someone who's really passionate about their speaking topics and clearly implements his own learnings."

Kaari Kink

Energise Me Project Support

Contact: luke@luketyburski.com

WORKSHOPS & WEBINARS

FOCUS TO PERFORM WORKSHOP

Do employees in your organisation want to be more productive?

An individuals ability to focus, manage their time, while not letting setbacks derail their productivity isn't something most are taught. I'm here to change this!

The Focus to Perform Workshop teaches practical ways within a companies relevant environment to increase focus, improve time management skills, leading to enhanced productivity by all; inevitably making an impact on your bottom line!

TOPICS INCLUDE

- Where do you focus
- Time management
- Controlling & choosing your attitude
- How to create & remove habits
- Mental strength training exercises

PERFORMANCE MINDSET WORKSHOP

Do your employees see obstacles as opportunities and failing as positive?

Having a performance mindset allows individuals to see past undesired outcomes, and focus on what's necessary to increase the understanding of the process needed to achieve their desired outcome.

The Performance Mindset Workshop will help your employees view, see, and think in ways to help them perform, get out of their own way to enable success, and create opportunities through their new found perception of an outcome, situation, or scenario.

TOPICS INCLUDE

- S.M.A.R.T goals are dumb
- Why everyone can run a marathon
- There are no big moments
- We were created for adversity & born to fail
- Be patient to grow fast
- Knowledge is power (or is it?)

WORKSHOPS & WEBINARS

MENTAL HEALTH - WE NEED IT TO PERFORM

What does mental health even mean?

Understanding the difference between having a human experience and a decline in ones mental health can create clarity of where attention is needed.

In order to function daily, or perform at the highest level mentally we are capable of, we need to first understand who we are as individuals, why we do what we do, and the purpose of spending our limited time, effort, and energy on our daily activities.

Through understanding our individual motives for life, we then can clear away distractions, unnecessary noise, negativity, and start repairing & strengthening our mental health to help us perform to our true capabilities.

TOPICS INCLUDE

- Mental health or human experience
- Mental health is half the story
- It's OK to say no
- Know yourself to perform at your best
- Live your life - everyone else's is taken

BE VULNERABLE WITH THE TRUTH

When someone asks you "how are you doing?" Is your response truly how you feel? If you are asked about a particular piece of work in the office, do you share your true thoughts and feelings?

Being vulnerable with the truth encourages people to be honest, and share what they truly feel. Being open (with both positive and negative feelings or thoughts) can lead to increased trust as everyone knows each other's genuine thoughts, alongside informative communication leading to less breakdowns when working as a team.

With trust and honesty comes a more supportive environment to allow for personal, professional, and team growth.

Expressing true inner thoughts & feelings starts with individuals putting themselves in a vulnerable place to be honest, and moves towards the entire team working in their most productive fashion.

During my Be Vulnerable with the Truth Workshop, I work with my audience to help them unlock their inner confidence to be honest, while creating a supportive environment to allow everyone involved to be comfortable sharing their truth!

TOPICS INCLUDE

- Communication
- Building confidence
- Being vulnerable is showing strength
- Honesty isn't easy
- The power of reflection

WORKSHOPS & WEBINARS

THE ADAPT & THRIVE WEBINAR

This Webinar will help your employees working from home to Adapt & Thrive in their new working environments and circumstances.

There has been a change in how the workforce is functioning, no one was prepared for this monumental change in their daily living or working routines.

For many, **motivation, productivity, and focus** not only “in the office” but also in everyday life, no doubt has been a struggling.

The world is in uncharted territory, with no one knowing what it will look like on the other side long term, but there will be an other side. In order to get through these testing times, focussing on things that can be controlled, and maintaining a productive attitude will be paramount.

The Adapt & Thrive Webinar provides tools to help guide your employees through working from home both personally and professionally, will help **motivate** them, while teaching practises to maintain **productivity & focus** one day at a time.

SUPPLEMENT MATERIAL

Working from home: Don't Survive - Thrive Guide.

*PDF

TESTIMONIALS

"We really appreciated Luke sharing his inspirational story with our entire team. His take on the performance mindset was so relevant to our industry - Marketing & Creating. We found his ways of thinking to be helpful for not only just our workday, but also our daily lives."

Miguel

Co Founder Vadela

"I thought that Luke's Mindset Course was excellent. There are a few things in particular that I was impressed with:

Luke's enthusiasm for the topic was really inspiring.

Luke has achieved some incredible things. This quite easily could have meant it being difficult to relate to him but he was so down to earth that it wasn't a problem at all.

The homework tasks were a great way to enforce what we'd learned.

Luke promptly provided really considered and helpful feedback on the homework.

In my opinion, the 'mindset' topic can sometimes be presented in a 'wishy-washy' way. This was not the case at all - Luke gave lots of tangible examples that made the lessons easy to apply."

Claire

Student from The Mindset for Success Webinar

"To know WHY, to build a POSITIVE ATTITUDE and gain KNOWLEDGE are the cornerstones for SUCCESS! Luke Tyburski, my course trainer, has been the role model demonstrating to me, as the real life example, the importance of the right Mindset for Success.

Thank you Luke. I have learned a lot from you. I am impressed by your professionalism and enthusiasm."

Norman

Student from The Mindset for Success Webinar