

# 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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# WORKSHOP TOPICS

## **FOCUS TO PERFORM**

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

### **SUPPLEMENT MATERIAL**

Choosing Your Attitude eBook

## **BUILD RESILIENCE THROUGH ADVERSITY**

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

Knowing how to build resilience through adversity 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 Building Resilience Through Adversity Workshop will help your employees view, think, and act 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**

- The K.E.N formula to resiliency
- We were born to fail
- The 3 questions of self belief
- Be like water
- Knowledge is power (or is it?)

### **SUPPLEMENT MATERIAL**

The Power of Reflection eBook

# WORKSHOP TOPICS

## **THE PERFORMANCE LEADERSHIP WORKSHOP**

I believe leadership is a choice.

What stops a lot of people to step up and be a leader, is they don't know how!

Having an ability to lead not only yourself to accomplish individual goals, but also a team, organisation, or company to achieve a collective goal is easier than you may think.

The Performance Leadership Workshop outlines the steps of how anyone can become a great leader. Some individuals may seem like natural leaders, but like anything, leadership is something anyone can become better at, if they practise using the correct techniques.

### **TOPICS INCLUDE**

- Communication
- Building confidence is like 1, 2, 3
- Decision making
- There are no big moments
- Lead yourself to lead others

### **SUPPLEMENT MATERIAL**

Building Confidence is Like 1, 2, 3 eBook

## **ADAPT & THRIVE - WHILE WORKING FROM HOME**

This workshop 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 shift 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 struggle.

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 - While Working From Home Workshop 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 eBook

# 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**

*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**

*“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**

*“To know WHY, to build a POSITIVE ATTITUDE and gain KNOWLEDGE are the cornerstones for SUCCESS! Luke Tyburski, my workshop 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 Focus to Perform Workshop**