

LUKE TYBURSKI

ATHLETE MENTOR & MINDSET COACH



Luke Tyburski helps athletes develop their mental strength, emotional wellbeing, and resilience - not only in their chosen sport, but everyday life.

He has mentored and worked with elite teenage athletes to seasoned professionals across a variety of individual & team sports.

Luke works with athletes who play football, tennis, rowing, rugby, swimming, water polo, athletics, triathlon, karate, netball, and perform for professional dancing productions. He has delivered keynote talks to national sporting teams, professional clubs, and elite development academies across the globe.

A former professional soccer player who grew up in Australia competing at the highest level as a teenager. Luke has experienced the pressures of a promising talent, to taking the step up to becoming a professional athlete playing in four countries.

With an Exercise Science degree, and 20 years

of working 1-2-1 with athletes to improve their sports performance, Luke understands the physical element of elite sport from a coaching & athlete point of view.

For over 10 years Luke has mentored athletes, delivered keynote talks & workshops around the world on topics of building resilience, turning self belief to self confidence, why mindset matters, and the power of curiosity.

He intertwines his powerful mental strategies alongside unique thought provoking stories to the athletes & teams he works with - supporting their journey to reach their true potential.

Email: LUKE@LUKETYBURSKI.COM

Website: WWW.LUKETYBURSKI.COM

AVAILABLE SERVICES

1-2-1 Mentoring for Athletes

Team Workshops

Team Talks

In Person Support at Competitions

**ASK LUKE FOR
MORE INFORMATION**

Luke's ability to overcome obstacles, adapt to setbacks, and see opportunities in the face of adversity is prominent throughout the world first, ultra-endurance adventures he has completed. He uses these ultra-endurance challenges to further learn about the human mind, body, and our emotional resilience.

For nearly a decade, Luke hid his dark battle with Clinical Depression, binge eating, and insomnia; alongside twice standing on tops of bridges not wanting to live anymore.

A qualified Mental Health First Aider & DBS checked, Luke uses his powerful personal story, and the lessons he has learnt as a professional athlete, elite ultra-endurance athlete, and his own personal struggles in life throughout his 1-2-1 athlete mentoring, keynote talks, and team workshops.

TEAM WORKSHOPS

Creating Your Mental Strength Toolbox

Turning Self-Belief into Self-Confidence

Choose Your Attitude & Create Your Success

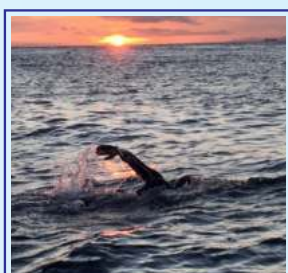
** All workshops can be delivered as talks.*

TEAM TALKS

Building A Performance Mindset

Leadership Starts With You

High Performance Starts With Curiosity



TESTIMONIALS



"If you're looking for someone to help with your mindset and sports performance, Luke is your guy! Luke is an incredible mindset coach, I could not recommend a better coach!"

- Rebecca, Olympic Gold Medallist, Swimming

"Working with Luke was a game-changer. His approach is unique, & instills a mindset that makes a real difference in performance. His influence has been transformative, helping me grow as an athlete and as a person."

- Jamie, GB Rowing Athlete

"Before I started with Luke I had no idea how to lead my team. Through the lessons he taught and all of the tools and tips, I learnt not only how to help my team succeed, but life skills that I will carry for the rest of my life."

- Adam, NCAA Division 1 Swimmer

"Luke gave a talk to my team last season that was awe inspiring and extremely inspirational. He provided invaluable tools to help my players consistently perform."

- Rob, Professional Tennis Coach

"Luke's presentation showed me that you can do whatever you put your mind to and that was a great message. It was a great presentation and very inspiring."

- Sierra, Vancouver Whitecaps Player

"Luke's talk was inspiring and very motivational. I thought it was a great insight into his processes, strategies and his delivery was both appropriate and intelligent. I'd recommend his qualities to anyone wanting an insight into mental performance."

- Adam Day, Canadian Woman Soccer Technical Assistant Coach

"Luke is a great mindset coach. He helped me row faster & with more confidence this season, and supported me to improve my daily preparation."

- Cedol, GB Rowing Athlete

"Luke has helped me gain confidence, and perform at my best as my mindset mentor."

- Cassie, England Karate Athlete

"As a mentor and coach, Luke has the ability to hold space for what is going on in an athlete's life, as well as walk alongside them in pursuit of their own excellence."

- Caroline, Olympic Medallist, Swimming

"Luke has had an undeniable positive impact on the rowers in the GB Performance Development Academy. Luke has improved the athletes approach to being a person & high performance athlete."

- Dan Harris, GB Rowing Coach