

MASTERING MINDSET

HIGH PERFORMANCE COACHING

TRANSFORMING LEADERS FROM GOOD TO EXCEPTIONAL

LED BY:

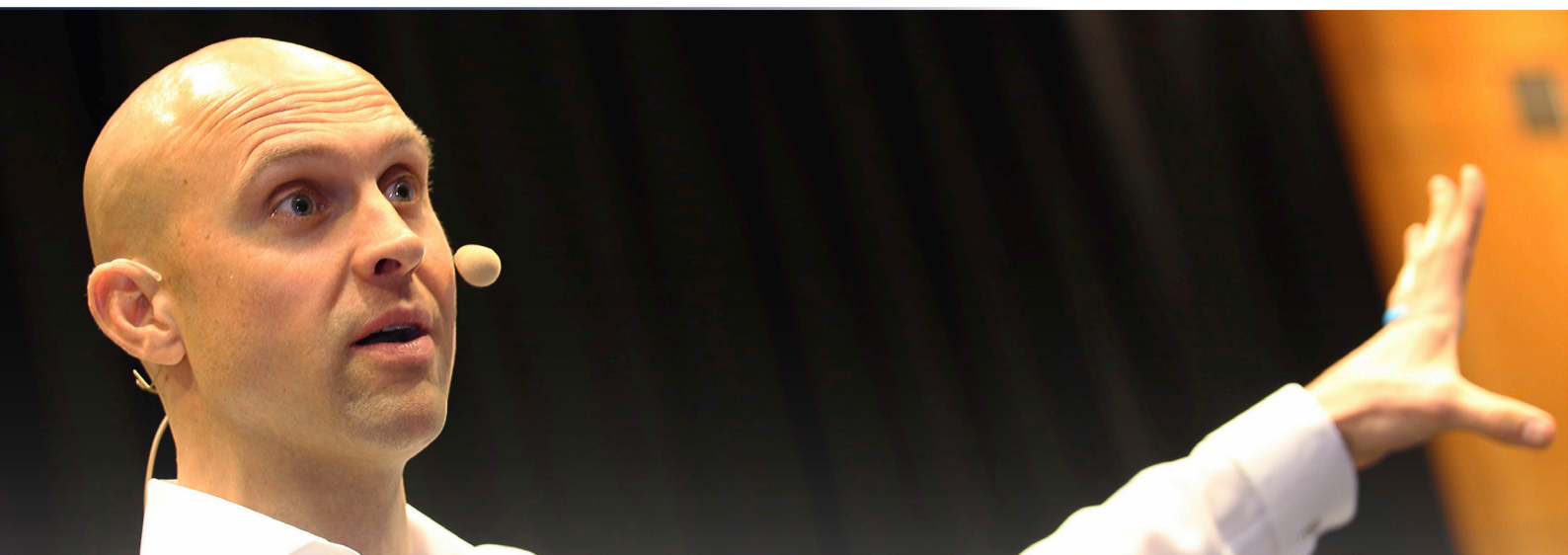
LUKE TYBURSKI

RENOWNED ADVENTURER AND PERFORMANCE MINDSET EXPERT

MASTERING MINDSET transforms how leaders **VIEW, THINK** and **ACT** daily to optimise their professional and personal lives.

With a unique blend of proven coaching methods, measurable progress, with practical wisdom, that educates and empowers leaders to thrive in the face of uncertainty and complexity.

- **Aimed at enabling leaders to enhance performance of all teams, increase employee engagement, and to improve workflow within their team.**
- **Develops self-awareness and high performing mental skills.**
- **Enables leaders to see opportunities, overcome obstacles, and adapt to setbacks in all situations, scenarios, and outcomes that their professional and personal life throws at them.**



Created and developed through Luke's two decades as a performance consultant, mindset coach, and experience as a professional athlete and endurance adventurer.

Having built greater self-awareness, strategic acumen, and a deeper understanding of effective leadership principles; leaders who have completed the program are poised to inspire greatness, foster innovation, and take the lead in driving transformation to enhance the performance of their colleagues.

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MASTERING MINDSET SIX-MONTH PROGRAM

- 10 x Mastering Mindset Elements deconstructed, taught, with progress measured across 6 Monthly Online Workshops.
- Monthly 1:1 Virtual Coaching Sessions.
- Digital Workbook with Monthly Exercises.
- Mastering Mindset High Performance Questionnaire measuring attendee's progress.
- Analysis report of questionnaires scores with digestible graphics.

Mastering Mindset will have its leaders emerge as **confident, resilient, and visionary leaders** equipped to drive positive change within their organisations.

MASTERING MINDSET

VIEW

How you view yourself, others, and the world around you will determine the thoughts you have.

Mastering Mindset creates a lens to enhance your viewpoint, and see opportunities that were never in your focus.

THINK

Your thoughts, internal conversations, and cognitive bias will dictate the options you create for yourself based on your inner dialogue.

Mastering Mindset provides the clarity & understanding of these thoughts to align with your objectives and make decisions to achieve them.

ACT

How you view something, then think about it, will ultimately determine how you act! Whether that's a physical or verbal action, or doing nothing at all.

Mastering Mindset will give you the ability to take action that aligns with your objectives, respond with foresight, and be driven to accomplish the tasks needed to facilitate progress.

SELF AWARENESS

MASTERING MINDSET

ADDITIONAL SERVICES

MASTERING MINDSET FULL-DAY WORKSHOP

An in person, full day workshop, deconstructing three key elements of how to master your mindset.

- Interactive activities.
- Group discussions.
- Explorative exercises to challenge how individuals view, think, and act.
- Workbook with exercises and summary of the day.

Enhances psychological awareness & teaches high performance mental skills for improved decision making under pressure, employee interaction, and overall performance throughout attendees professional and daily lives.

MASTERING MINDSET KEYNOTE TALK

Luke has delivered this impactful, inspiring, and thought-provoking keynote talk to audiences in 16 countries across five continents. Providing insight into what it takes to master your mindset, and outlining the core principles that creates a high performing mindset.

Alongside plenty of adventure stories from Luke's ultra-endurance challenges.

WATCH LUKE'S TEDx TALK 

Luke brings a rare blend of simplicity, depth of knowledge, and charisma to his delivery style. Coupled with a genuine passion for empowering others; Mastering Mindset creates an immersive learning experience that resonates long after the program concludes.

WHAT PEOPLE ARE SAYING ABOUT LUKE

“What sets Mastering Mindset apart is Luke’s hands-on approach and unparalleled expertise in performance development.”

“As a former professional athlete turned adventurer, Luke brings the practical insights and lessons learned from pushing the boundaries of human potential.”

“Luke has translated his mental resilience experience, knowledge, and tools he has used as a performance consultant and elite ultra-endurance adventurer into principles and processes that can be learnt, applied, and most importantly measured.”

“If you’re looking for someone to help create a performance mindset, Luke is your guy! Luke is an incredible mindset coach, I could not recommend a better coach!”

Rebecca, Olympic Gold 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, Director of GB Rowing Performance Development Academy

“We really appreciated Luke sharing his inspirational story and powerful mindset strategies with our entire team during his virtual program.”

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 Creative Content Consultants



“It was fantastic for Luke to spend time with my team and I to help us find motivation and to set bigger and more scary goals.”

Luke’s virtual presentation style kept us all engaged throughout, and gave us some great techniques and strategies to be happier and to achieve more.

We finished the sessions feeling inspired and ready to take on the world with renewed vigour.”

Charlie Reading Director, Efficient Portfolio

“Working with Luke Tyburski has been a great investment – Luke is an enthusiastic coach, bursting with high-energy and empowerment. Luke’s ability to engage his audience is second to none. I’d recommend him to anyone to improve their mindset!”

Perry Osei Tutu - Godkind Digital Academy Founder

“Luke’s program 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’s Soccer Team Coach

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