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MEMBERSHIP WELCOME INFORMATION

www.neuro-performance.co.uk
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HI I'M GEOFF

And Geoff Says

I am the creator of this membership package which will introduce you to the science of performance.

Having worked with thousands of sportsmen and women, business leaders and managers, high level performers and other professionals, I feel that I have a blueprint for improving your performance day by day.

All my work is evidenced based and proven to work with the right commitment, motivation and engagement with the material. Good luck on your new journey.

Geoff Greenwood

Checklist: Strategic Areas (1)



Reclaim your Winning Mindset

By using the MBCT model you can enhance your health and wellbeing which is crucial to underpin and support your performance journey.

Reprogram your Winning Mindset

By using the PST Model you can start to change your established 12 psychological traits that are most certainly holding you back from peak performance.

Reactivate your Winning Mindset

By using the FREW Model you can become so much more productive and hardy in terms of focus, resilience, engagement and wellbeing,

Reignite your Winning Mindset

By using the REPEAT Model you can fire up your motivation and passion to change your current course and outcomes towards one of success.

Bonus Material Added Often

New material is added regularly throughout your membership and currently includes how to overcome your fear, anxiety and stress at a brain level.

Checklist: Strategic Areas (2)



Weekly Performance Classes

Performance is a never ending journey that starts today for you. Accept this and you will use the weekly classes to join the continuous performance process.

Earn Reward Points and Badges

Surprise rewards in terms of content, gifts and support for achieving differing levels of engagement after completing the material and project.

Assignments

You cannot build your body muscles if you don't exercise them. I cannot help you with exceptional performance if you do not do the assignments.

Course Completion Project

The theory of the material is enhanced by completing the assignments and these assignments are then further enhanced by engaging in the project.

Membership Online Community

It is important to support each other on this journey and our community will build a large group of like minded individuals and businesses through communication and commitment.



THANK YOU!

For joining us and making a great decision to learn how to deliver exceptional performance.

I promise that if you follow the program and complete the relevant assignments then your performance will become peak, exceptional and successful for you.

We are not talking hype or guarantees here, but successful performance is a process that if followed and practiced will help you develop mental toughness and strength, control of your emotions including fear and also deliver performance enhancing behaviours when it is needed most.

Geoff Greenwood

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