



# **Can Performance Science X2 Your Business Profits?**

**If so why would you not use it?**

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**Number 1  
Neuroscience**







# 4 Ways Neuroscience

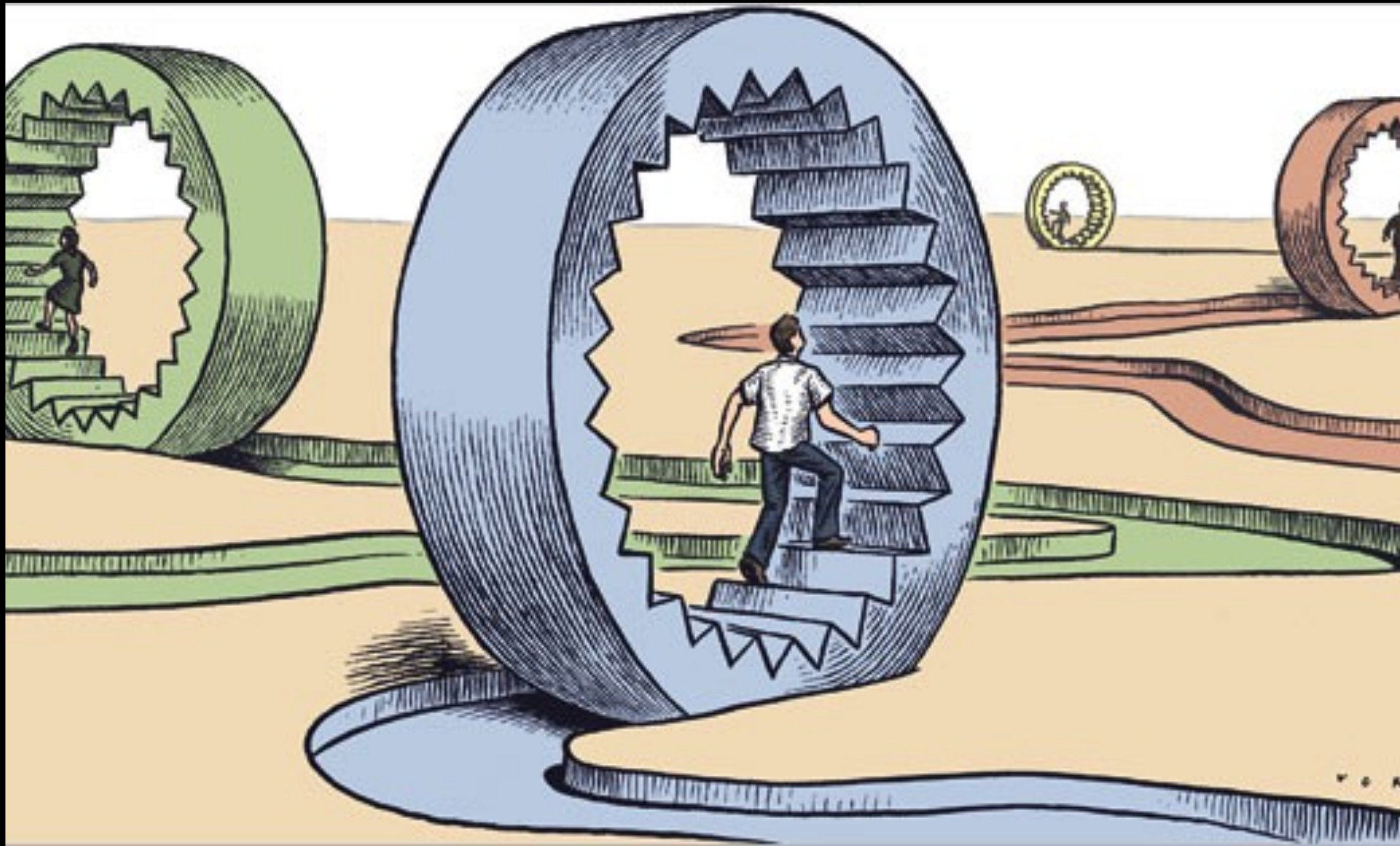
Can Double Your Profits



# 1. Motivation

Motivated employees & managers proven to outperform demotivated ones. Understand true human motivators in workplace





## 2. Habits

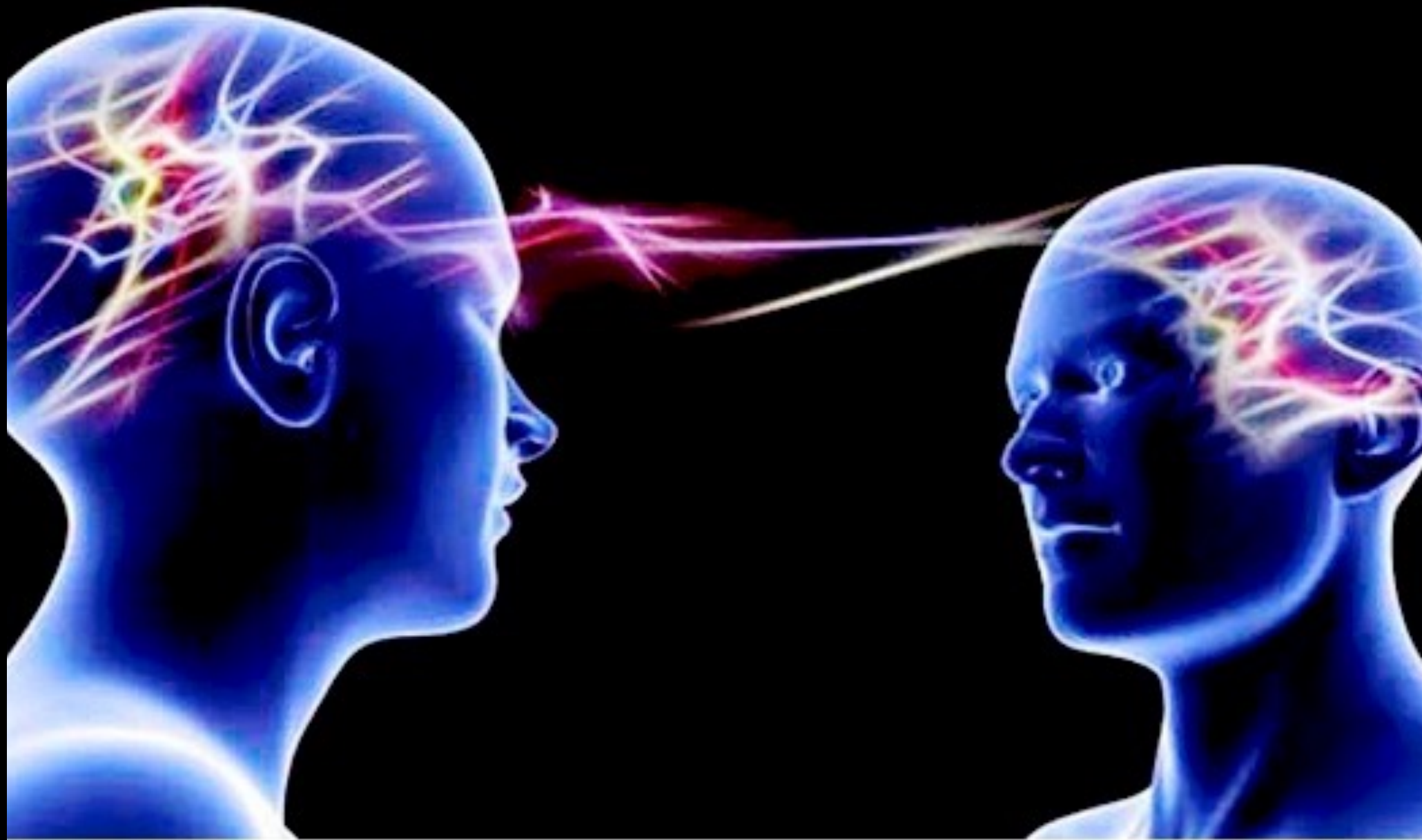
Habits help you save glucose but often block performance. You can create better neural pathways



### 3. Learning & Development

The most effective learning involves recruiting multiple regions of the brain for the learning task. Potential huge R.O.I.





## 4. Mirror Neurons

Evidence suggests when watching someone perform a task the same areas light up within the brain of the watcher. Think about potential for learning, performance, skill acquisition, empathy and understanding of other's intentions.



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**Number 2  
Performance  
Sciences**







# 4 Ways Performance Science

Can Double Your Profits



# 1. Mindset

Mindset triggers brain chemicals that are either helpful or unhelpful to performance. Make the right choice.





## 2. Skills Acquisition

Understanding the difference between quantity of practice and the concept of deliberate practice is a fast track to mastery



# 3. Physiology

Understanding the true mind/body integration can save major costs in mental health, absence and turnover.





## 4. Health & Wellbeing

Arm your staff & management with the self help tools for stress management & a process to handle and perform under pressure.

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**Number 3  
Cognitive  
Behavioural  
Science**







# 4 Ways Cognitive Behavioural Science Can Double Your Profits





# 1. ABC's

Addressing B is the answer to successful outcomes (C)  
and not blaming the situation or event (A)



## 2. Thought Control

Control what comes in and what doesn't and reprogram embedded thoughts, beliefs and philosophies.





### 3. Emotional control

All thoughts spark energy which filter through your embedded emotional set. Poor reactions are based purely on history.



## 4. Behaviour & Performance

The true origin of all behaviour is the brain and if we want to perform at our true potential than we must trace it back to the spark within.



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# Number 4 Sporting Science







# 4 Ways Sporting Science

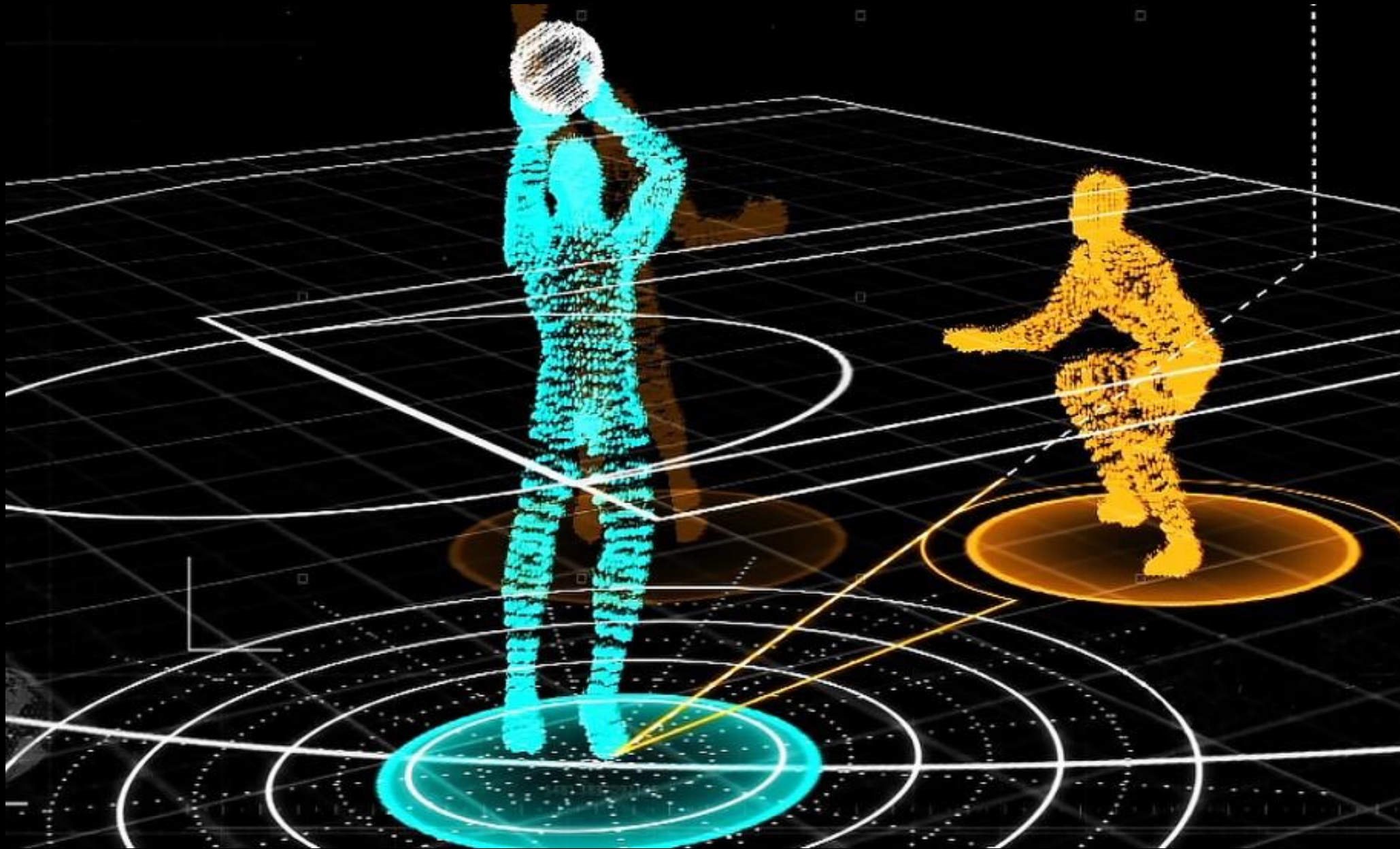
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# 1. Perform Under Pressure

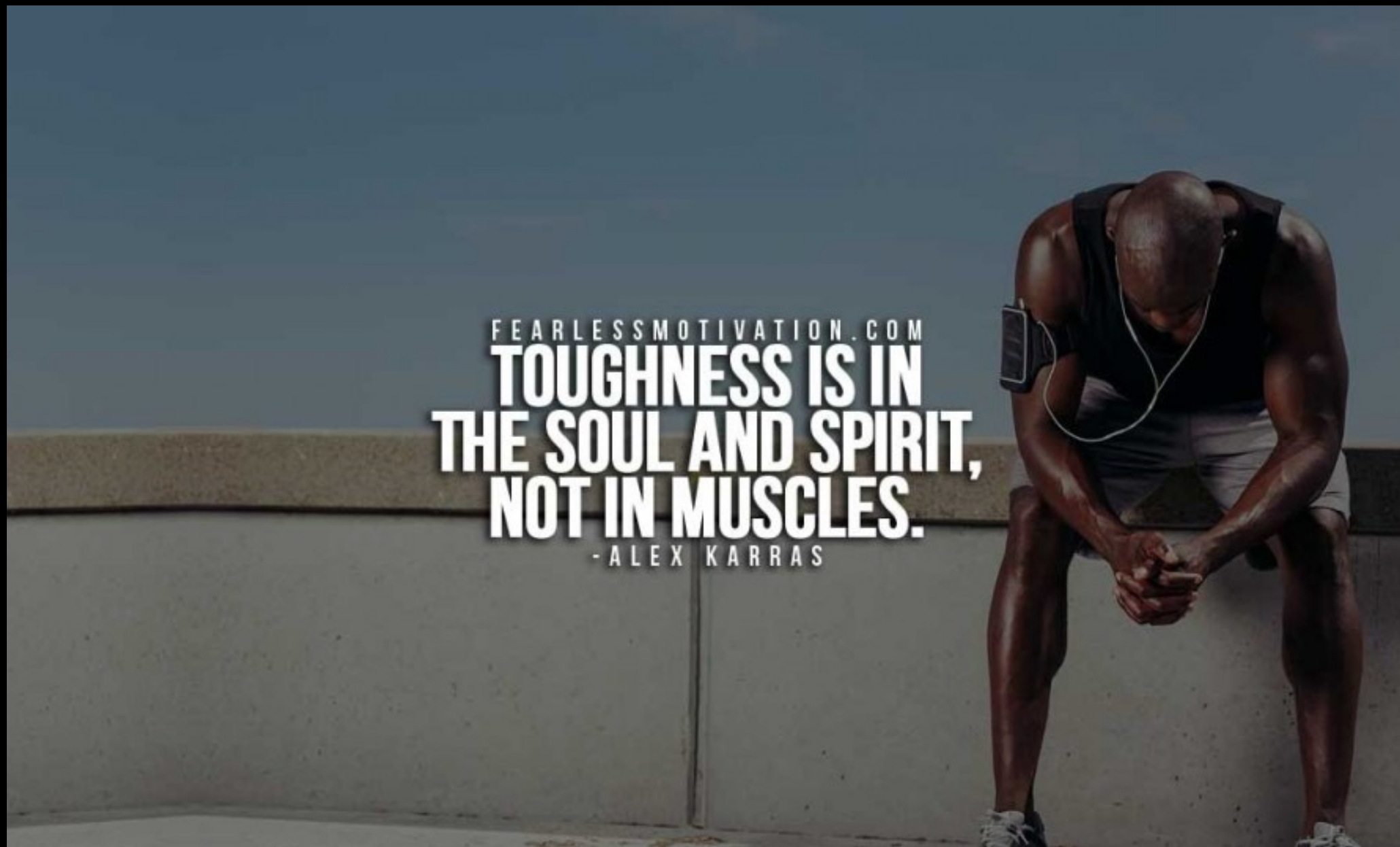
This is not pure luck but a process that can be learned and developed to be called upon whenever needed.





## 2. Dedication & Commitment

Treat practice like competition; treat pain like pleasure and treat fear like reward to achieve outcomes.



# 3. Mental Toughness

Develop your mind to remain calm, composed, committed and in control of every situation you face.





## 4. Team Performance

Success follows the understanding that team goals, rewards, roles and harmony exceed those of each individual.

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**Number 5  
Behavioural  
Sciences**







# 4 Ways Behavioural Sciences

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# 1. Psychology

Consider the costs to your business of mental health difficulties, bad attitude and poor behaviours.









### 3. Cognitive Science

The close correlation with decision making, problem solving, creativity, learning and overcoming adversity.



## 4. Organisational Behaviour

Understand how your staff interact with your business and you can use for reforms in culture, leadership, alignment and performance.



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**Number 6  
Neuro-  
Performance  
Synchrony**







# Neuro-Performance Synchrony

How Neuroscience, Performance Psychology & Evolutionary Organisations  
Generate Sustainable Competitive Advantage & Profits for 21st Century

## 4 Ways Neuro-Performance Synchrony

Can Double Your Profits





# 1. Culture & Internal Mechanisms

The bond or glue that keeps you in alignment with your customers and their markets for competitive advantage.





## 2. Leadership

Brain savvy leaders manage themselves first, then extend coaching, mentoring, stories, recommendations and space to grow.





## 3. Employees

Understanding how fear is the number one motivator for most staff allows you to tap into motivational science to end it.





## 4. Performance Measurement

Time to measure the right things in the right way and to shift a lot of focus away from extrinsic towards intrinsic motivational factors.



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