

# PSYCHOSOCIAL HEALTH TRAINING: HIGH PERFORMANCE UNDER PRESSURE



Built on lived experience, not theory

Break out of burnout, chaos, and chronic overwhelm. This flagship workshop is your total recalibration: rewiring your mindset, simplifying your systems, and building a pressure-proof operating rhythm. It's the street-smart framework for teams who want to perform under pressure – without breaking.

**TACKLES** – Burnout, chaos, chronic overwhelm.

**DELIVERS** – High-performance clarity, simplified systems, pressure-proof execution rhythm.

## 1. THE BURNOUT RESET METHOD

### From Survival Mode to Sustainable Performance

Identify the root of your burnout, implement the Rewire–Refuel–Restore protocol, and build a high-performance rhythm that fuels you instead of frying you.

**TACKLES** – Exhaustion, unsustainable habits, emotional fatigue.

**DELIVERS** – Personal recovery system, sustainable output strategies, energy renewal protocol.

## 2. THE TIME HEIST SYSTEM

### Mastering Time and Focus

Regain control over your minutes, hours, and life. This is about radical prioritisation, saying no with confidence, and using our Time Heist Planner to reclaim your day.

**TACKLES** – Time leaks, poor prioritisation, scattered focus.

**DELIVERS** – Radical prioritisation, laser focus framework, practical daily structure.

## 3. THE PRESSURE PROTOCOL

### From Overwhelmed to Overdrive

Pressure isn't the problem – poor systems are. Learn to regulate stress, shift into high-gear execution, and turn pressure into your personal advantage.

**TACKLES** – Stress mismanagement, system failure under pressure.

**DELIVERS** – Resilience systems, execution strategy, performance leverage tools.

## 4. THE INNER ADVANTAGE

### Emotional Intelligence: Leading From Within

Master your inner world so you can lead your outer one. This module upgrades your emotional literacy, self-regulation and relational power.

**TACKLES** – Emotional reactivity, low self-awareness, poor relational control.

**DELIVERS** – Heightened emotional intelligence, inner leadership, calm command in chaos.

## 5. CULTURE OVER CHAOS

### Trust. Ownership. Legacy.

Whether in business or community, this is the heartbeat of real leadership. We teach how to build trust, embed values, and drive behaviour that lasts beyond you.

**TACKLES** – Toxic culture, broken trust, low morale.

**DELIVERS** – Values-driven leadership, cultural trust, long-term behaviour shift.

## 6. MASTER THE MESSAGE

### High Stakes Communication

Learn to speak with impact, clarity and control in any room. Whether in conflict or keynote, your words shape your world.

**TACKLES** – Muddled messaging, conflict escalation, weak communication.

**DELIVERS** – Powerful communication, influence under pressure, message mastery.

## 7. THE ACCOUNTABILITY CODE

### From Excuses to Execution

We don't rise to the level of our potential – we fall to the level of our standards. This session is about systems of ownership, extreme responsibility, and real-world follow-through.

**TACKLES** – Excuse culture, lack of follow-through, weak standards.

**DELIVERS** – Execution systems, ownership culture, performance follow-through.

## 8. MINDSET MECHANICS

### Perception Correction

The only thing between you and your next level is your belief system. Break limiting loops, rewire self-talk, and install a bulletproof inner narrative.

**TACKLES** – Limiting beliefs, negative self-talk, victim mindset.

**DELIVERS** – Resilient mindset, empowered narrative, self-belief reboot.

## 9. THE PERFORMANCE EDGE

### Fuelled by Self-Determination

Discipline, autonomy, and identity-driven action. This is your edge in every area of life – built, not born.

**TACKLES** – Lack of drive, unclear goals, identity confusion.

**DELIVERS** – Peak performance tools, internal motivation systems, action clarity.

## 10. BUILT TO SCALE

### Business Development: Systems, Strategy, Execution

Whether you're a startup or scaling, we build systems that work, strategies that convert, and teams that execute with purpose.

**TACKLES** – Disorganised operations, unclear strategy, poor team execution.

**DELIVERS** – Structured systems, clear business direction, scalable execution plans.

## EVERY SESSION DELIVERS:

(All stats are from the total that attend the workshops but may not participate in the program)

- Half-day or full-day workshops
- Building emotional intelligence to minimise stress (Reported 83% improvement on staff)
- More productive workforce (Reported 76% more energy & drive throughout their day)
- Daily accountability & journaling (Helps identify what's coming up so we can create real time solutions individually)
- Weekly live workshops around all topics (recorded & accessible)
- Personal access to Jeffrey and team

One habit. One choice. One breakthrough at a time.



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