



Immediately after a season of crisis and/or challenge, every individual & team should conduct a performance mindset reset. Taking advantage of this opportunity can be crucial for the healing and future-proofing of both the individuals and the team.

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How was the crisis managed?
What was left unsaid in the heat of battle?

1. Think > Feel > Do transition reset
2. How to host a constructive conversation or 'vent'
3. Empathy vs Sympathy strategies to build safe situational awareness now and for the future

1

Debrief

A 'lessons learnt' session for a performance rebound

1. What worked and what didn't during the crisis/challenge?
2. Who, what and where were the roadblocks of performance?
3. What will my future look like?

2

Design

A clear plan to future-proof performance.

1. Alignment & clarity across the tactics of the next 30, 60, and 90 days
2. Focussing on the crucial matters (Eisenhower Matrix)
3. Effective transitioning tools to manage tactical & strategic mindsets

3



WORKSHOPS



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