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# Psychology and Neuroscience of “Mental Fitness”



# AGENDA

- The impact of mental health on energy and performance
- Neuroscience of stress
- Personal accountability
- Recognise limiting beliefs and how they form



# WHY?

- Increase your productivity and profitability
- Build a high performance team and culture for better client experience
- Less sickness, burnout, staff turnover
- Prevent mental health issues

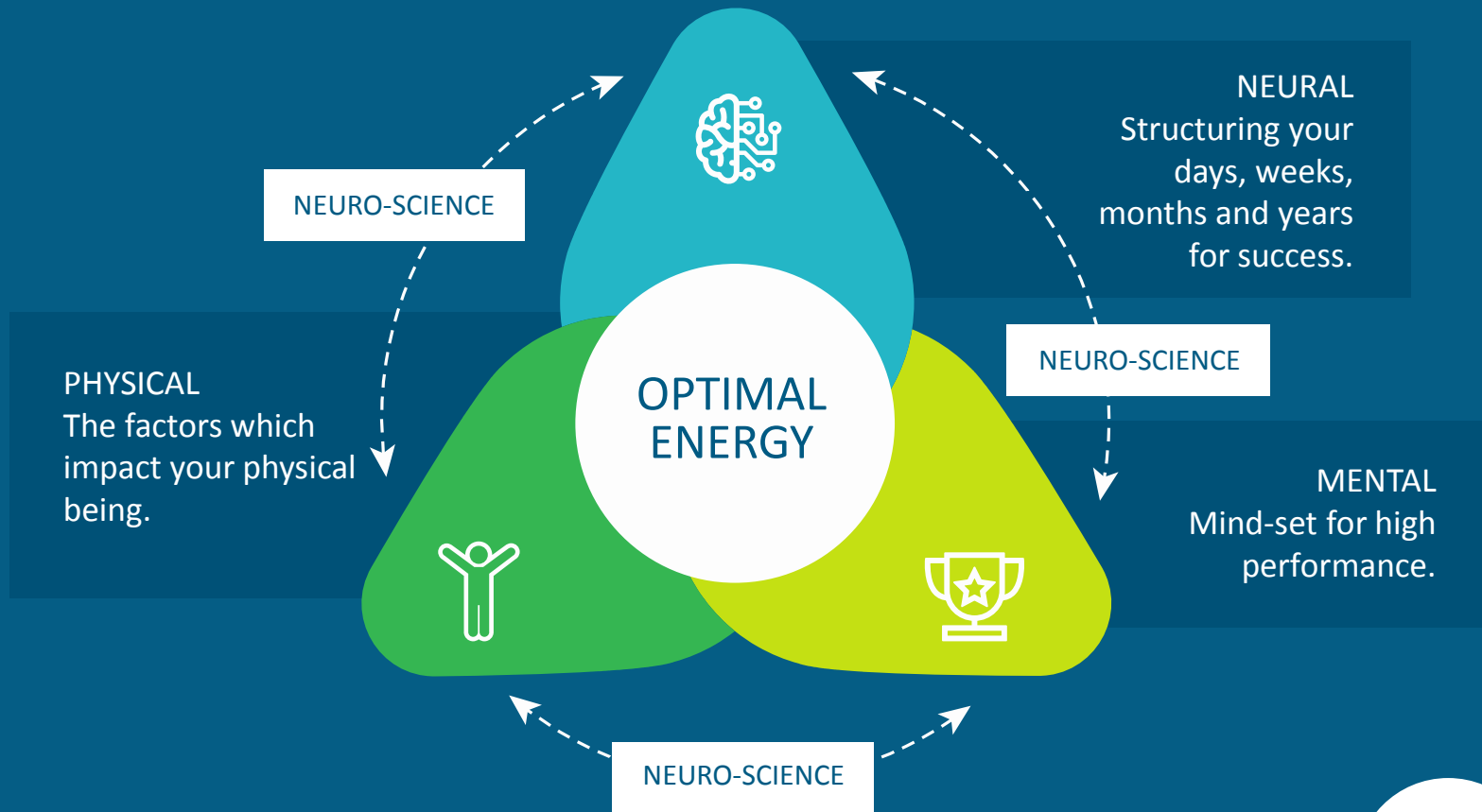


# MENTAL HEALTH

- A state of well-being
- Realise your own potential
- Can cope with normal stresses of life
- Can work productively and fruitfully
- Able to make a contribution to your community



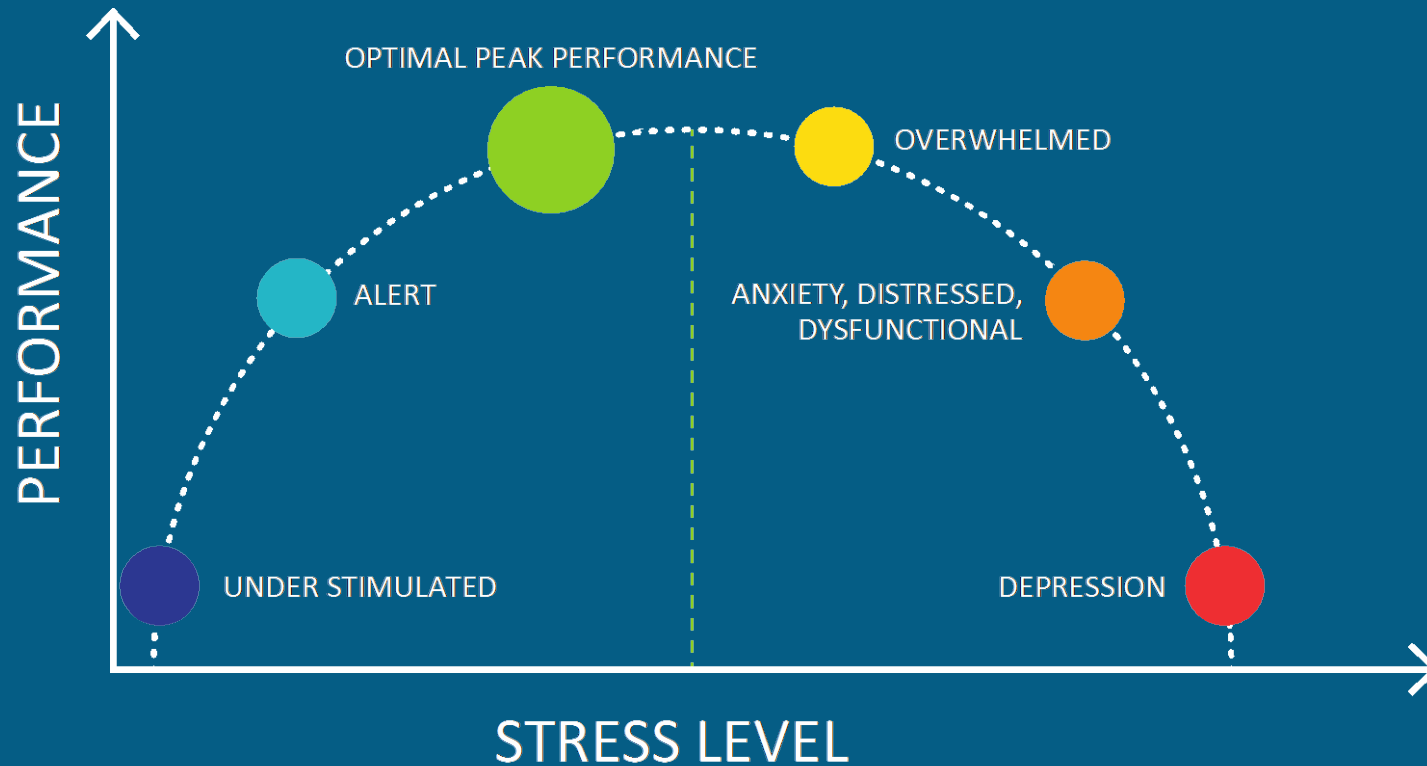
# NEURAL, MENTAL, PHYSICAL



OPTIMAL ENERGY = 100 energy credits



# OPTIMAL STRESS





A black and white photograph of a swimmer in a pool, viewed from above. The swimmer's arms are extended forward, and their head is above water. The pool deck and lane lines are visible in the background.

# MINDSET

- Personal accountability
- Jump in the “CAR”
- Goals vs beliefs



# PERSONAL ACCOUNTABILITY

Taking conscious control of your responses to the events and circumstances in your life – being positive and solution driven



Blame, victim mentality, negative, problem driven – not taking responsibility





# JUMP IN THE “CAR”

- Change
- Accept
- Remove



# GOALS vs BELIEFS

- GOAL – Desired result
- BELIEF – Acceptance that something is true –  
*especially without proof*

SUCCESS REQUIRES THESE TO BE ALIGNED



# CHANGING BELIEFS

- What beliefs do you currently have around your goals?
- How is this serving you?
- Is this really true?
- What's possible if this belief were different?
- Look for evidence to the contrary
- Actively choose to change your belief
- Act as if it's already true





# DON'T BELIEVE EVERYTHING YOU THINK!

- Neuroscience says you can't undo your existing wiring – you need to create new wiring so be careful with your thoughts as they become new wiring





# TOOLS

- Understand the neuro-science of stress
- Breathing techniques
- Ensure “above the line” culture
- Gratitude / “What went well”
- Movement, nutrition, sleep







# ACTION PLAN

- Name **one** change you are going to make in the next **two weeks** to improve your mindset.
- Name **one** change you are going to make in the next **two months** to improve your mindset.
- How can you implement these tools with your **broader team**?





# CONCLUSION

- Mindset is the key to success
- Personal accountability is required
- Understanding limiting beliefs and how to change them is crucial



A couple is jumping joyfully on a sandy beach at sunset. The woman, on the left, is wearing a light-colored lace-trimmed tank top and dark pants. The man, on the right, is wearing a striped t-shirt and dark pants. They are holding hands and have their arms raised high in the air. The background shows the ocean and a bright, low sun creating a strong silhouette effect. A semi-transparent blue horizontal band is overlaid across the middle of the image, containing the text.

# FINAL THOUGHTS

You can have RESULTS or EXCUSES.  
NOT BOTH!



# CONTACT DETAILS



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