



**NeuroMentor®**  
**PEAK PERFORMANCE INSTITUTE WEBINARS OUTLINE**

**The Mind and Brain Science  
of Performance Preparation, Practice, and Optimization**

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## **Webinar 1. Optimizing Communication and Collaboration**

- How can the coach best engage participation by the player and minimize opposition to instruction?
- What are the most important considerations in having productive conversations with a player?
- How do you ask the best questions?
- Why not focus on problems initially in order to resolve and move beyond them?
- What performance-specific feedback conversations are most effective with a player?
- How can the coach-player relationship be a change agent?
- What approaches are there for an oppositional player?
- How can the coach foster a foundation of trust, and sense of belonging with the player?
- What can we learn from the social contagion of motivation and achievement within a team?
- What are some ways to promote a collaborative team environment?

## **Webinar 2. Performance Growth Mindset**

- What is the role of mindset mastery?
- How are beliefs incorporated into a growth mindset?
- How do you develop a performance growth mindset in players?
- How can you recognize a fixed mindset?
- How can optimism be enhanced and pessimism diminished?
- What steps can best engineer player improvement?
- Are practicing and performing states of mind the same?
- How can you distinguish the learning zone and performance zone in order to optimize both?
- How can you enhance your experience in the learning zone?
- What is the effect on performance to “play to win” vs. “play not to lose”?

### **Webinar 3. Player Performance Blueprint**

- How can you prime your mind and brain to prepare for an anticipated situation and establish a mindset of confidence?
- Is there a systematic way to establish a confident mindset?
- Is there a way to sustain and enhance confidence as a mindset?
- How can you develop resilience in performance?
- Guiding Mindfulness Meditation for Peak Practice
- How can mental framing determine outcome?
- Are there proven positive framework-based initiatives for players?
- How can you create a winning performance story with your players?
- How can behavioral economics principles be applied to performance coaching?

### **Webinar 4. Deliberate Practice: Structure and Applications**

- Are you getting better at the things you most care about? Or are you not improving enough at things that matter to you despite spending a lot of time working hard at them?
- Are there basic components of deliberate practice, regardless of the type of performance?
- What is the Deliberate Practice System?
- Is there a strategic way to develop a performance cue?
- What is a blueprint for forming an optimum performance habit?
- What can we learn from the most successful performers about a structure for each practice?
- How can you best sustain performance flow?
- Review the 12 Peak Performance Practice Summary components in PlayBook II.

## **Webinar 5. Performance Enhancement Neuroscience**

- Is there a strategy to self-regulate when confronted with emotional triggers?
- What is the role of unlearning in developing new performance learning strategies?
- What is the best practice strategy to combine unlearning and learning?
- What is the actual experience of peak performance?
- How can you best assess your preparation?
- How can you best assess your performance?
- What is the most successful way to do visualizations and affirmations?
- How can you identify and remedy these performance challenges: choking, self-handicaps, sandbagging, and burnout?

## **Webinar 6. Peak Performance Strategies**

- How can you stay focused despite consistent, even epic, challenges?
- Is there a systematic way to enter a performance zone?
- Is there an optimum level of stress for practice and performance?
- Is there a mindset to frame stress to improve performance?
- What are the best, proven pressure performance strategies?
- What pressure management tools can be employed to enhance performance?
- How can the ROADMAP System for Performing Under Pressure be applied?
- Is there a time and place for a practice and performance sabbatical?

## **Webinar 7. Peak Performance Under Pressure**

- Can a specific ritual enhance and sustain performance?
- During performance, how can you use “The Quiet Eye” to ensure performance precision?
- How can you as a player address tangents of what to avoid?
- How can you use self-talk to enhance performance?
- How can you understand unforced errors?
- How to develop a ROADMAP System for Unforced Errors
- How can extreme success be maintained?
- Is there a level beyond peak performance?