The Peak Performing Mind

What can the business world learn from a ‘Stupid Footballer’? The answer is: a hell of a lot!

Paul McVeigh, football’s No. 1 keynote speaker, and the only former Premier League footballer to have a Masters in Sports Psychology, takes the many lessons he learnt from his 16 years at the top of his game as a [Premier League](http://www.premierleague.com/en-gb.html) footballer for [Tottenham Hotspur](http://www.tottenhamhotspur.com/) and [Norwich City](http://www.canaries.co.uk/)and translates these into strategies for success. He works with organisations from many different walks of business life, professional athletes, schools, directors of sport, heads of PE, PE teachers and students.

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How do you reach the pinnacle of one of the most ruthless industries in the world? Having faced some of the world’s best footballers from the last decade, the likes of [Cristiano Ronaldo](http://www.cristianoronaldo.com/) and [Gareth Bale](https://twitter.com/garethbale11), Paul is now passing on his knowledge and passion to help individuals, and companies as a whole, become the best in their field, too.

As an engaging and dynamic speaker, Paul describes how he went from a young boy from the violent streets of troubled [Belfast](http://visit-belfast.com/things-to-do/member/crumlin-road-gaol) to competing at the highest level with, and against, some of the best-known players in the world today.

What sets Paul apart? It is his ability to deliver tangible, realistic and effective solutions that can be directly applied to real-life situations.

Since retiring from football, Paul has seamlessly made the transition from professional athlete to keynote speaker, alongside his regular spot as a sports presenter for [Sky Sports](http://www.skysports.com/), [TalkSPORT](http://talksport.com/) and [BT Sport](http://sport.bt.com/). He is a published author and owner of a Mental Performance company that works with professional football clubs in both the English Premier League and the Championship.

This exciting CPD provides you and your team with a fantastic opportunity to positively challenge yourselves. You will grow as an individual, further enhance your performance, and create even more fulfilment for yourself in your day-to-day work and life. Paul McVeigh will discuss and demonstrate how Cristiano Ronaldo, who in his opinion was not even one of the best players in his team let alone the league, went on to become one of the best players in the World.

***What is a Peak Performance Mind?***

During this CPD Paul explains how our core thinking (at both conscious and subconscious levels) serves as the human standard operating system. Working with 3 fundamental Psychologies and 9 Thinking Competencies, Paul will help you to better understand the construct that informs your thoughts, emotions, behaviours and outcomes.

Paul looks beyond the common ideas of positive thinking to help you examine how your daily mind-set can be enhanced, modified and re-trained to un-lock your potential and achieve new limits of performance and fulfilment.

# Delegate learning outcomes

Previous delegates have reported fast, tangible and lasting results, with higher performance, personal satisfaction and enriched relationships, as well as a greater sense of personal control and higher levels of creativity and output.

Naturally, this overflows into the personal space and better work/life appreciation, lower stress and greater personal satisfaction.

The nature of his delivery allows each delegate to leave the CPD with their own set of unique written course notes which will include an assortment of behavioural tools to fully embed and prolong and refresh the learning experience.

Delegates will have a deeper understanding of psychological performance and the ability to control emotion (stress), leading to improved communication and collaborative working relationships. With personal performance improvement at the core of what we teach, bringing clarity to delegates’ un-tapped potential, and providing clear goal-setting and achievement methodology will naturally permeate into their job role.

## Your Self Psychology

Comprises the three thinking competencies **FOCUS, BELIEF** and **RESPONSIBILITY**

* How your thoughts create your outcomes in life
* Why your focus is so crucial to your performance
* Understanding the limitations of your own beliefs (personal truths)

## Your Life Psychology

Comprises the three thinking competencies **ATTITUDE, CLARITY** and **PURPOSE**

* The importance of developing a habitual & genuine positive attitude, and how to do it
* Why gratitude and valuing time are your foundations to performance and happiness
* How to move from confusion to clarity about the life and the results you really want
* How you can use visualisation and visual stimulation to improve your performance

## Your World Psychology

Comprises of the three thinking competencies **EMOTION, EMPATHY** and **INFLUENCE**

* Understanding the value to yourself of accepting and challenging when appropriate
* How changing the way you look at things can change your 'reality'
* How to adopt the 'perception' principle to create less stress
* How developing empathy in relationships gains you more co-operation and influence
* Understanding what underpins all human behaviour, and how to have greater influence with others

*To inspire individuals and organisations to higher levels of performance and fulfilment*

***“After the session, both students and staff couldn't stop talking about what he had said. He's welcome back any time!"*** Bangkok Patana School, Thailand

***“Truly inspirational training”*** *Barclays*

# “Better than ‘The Art of Brilliance’ All our staff should experience this programme.” West Midlands Police

# “The trainer was motivational, knowledgeable and genuine; I really look forward to working with him again.” Ardagh Group

***"Without a doubt, one of the best speakers we have ever welcomed to the school. He actively engaged with students, speaking directly to their own personal situations, and provided them with tools they could utilise. His presentation was filled with interesting stories from his own experiences, and his ability to enthuse and motivate students in a positive manner was outstanding.”*** Bromsgrove International School, Thailand