



High Performance Mental Coach & Author of the MasterPlan

+++ Mental Performance & Mental Health +++

## 1-DAY MENTAL PERFORMANCE SEMINAR

Brisbane, QLD Australia November 20, 2016 (Sunday)

Time: 10 am - 4pm

Location:

Norman Park Bowls Club (Great Hall)

Brisbane, QLD

43 Norman Avenue, Norman Park

Enrollment Fee: \$147 AUD (early bird online at [www.dirkstroda.com](http://www.dirkstroda.com))

At the door: \$ 197 AUD

Please dress comfortably.

“This 1-Day Mental Performance Seminar will teach you highly valuable tools and techniques that can be applied in your context as an athlete, as a coach or as a leader. Come with an open mind and get inspired.

Your respond to external stressors will be changed forever after this seminar. Learn how to decrease your stress levels before a test or challenging situations and how to increase your power hormones for more resiliency, focus and confidence.

In a year from now you wished you would have come to this program.”


- Dirk Stroda



## Mental Training : A Vital Part

High Performance and elite athletes are continually expected to be clear thinking and 'split-second-decisions-makers' in their respected disciplines. They have to be able to handle psychological and physical pressure and must be able to optimize mental resources in highly stressful situations.

The **MasterPlan** program coaches in great detail the context in which individuals are able to perform and execute to achieve excellence. The **MasterPlan** is a 7-Step program that is being followed by many Olympic athletes, executives, organizations, public figures and private individuals achieving massive successes and personal fulfillment.



## Optimizing Resources

The **MasterPlan** is a system of seven optimized modules that are uniquely put together to create an output that is greater than the sum of its parts. This inclusive approach of assembling those parts allows the individual to experience a substantial holistic consciousness about oneself, the affect it has on the individual, the environment in which the individual performs and what inspirational force the individual has on the world.



## Science In Real Life Applications

The **MasterPlan** puts modern scientific research conducted through various studies into action and combined with the principles and traits of highly successful individuals in the history of sport, business and art it creates a state-of-the-art coaching program for massive success, health, wealth and happiness- ultimately creating a lasting legacy.

Modern science and research is showing us that managing emotion is the key factor in human performance allowing for optimal neurological, bio-physical, electrical and bio-chemical communication between our heart and the brain. This allows us to perform consistently on a high level, predictable and reproducible.

Mental strength in elite sport gives the athlete clarity, certainty and focus with a high level of confidence.


Dirk Stroda is at the forefront of coaching high performance athletes for over 30 years.



## E-Intelligence

“We are using HRV (Heart Rate Variability) technology for 15 years to train and monitor the athlete’s emotional resilience and to prepare the individual (and teams) for stress situations and for a quick recovery. The applications have been improved significantly and the newest technology

allows us to operate in real life and stress situations. HRV allows optimizing the athlete's preparation and levelling down peak stress in the post-event phase for a quick recovery. We understand now the affect that emotions have on the human performance but equally on the athlete's horse in the **Equine Sports**. The more we know about how it correlates between the riders and their partners, the better we can reach our fullest potential," explains Dirk Stroda.



## Monitoring Coherence Levels (HRV)

HRV describes the variation in timing between each heart beat, as well as the frequencies of the electrical impulses which stimulates the heart. The synchronization of our ANS (Autonomous Nervous System) and the two branches Sympathetic and Parasympathetic allows the body to function at full capacity. The imbalance within the ANS gets you out of your A-game; it gets you out of 'the Zone'.

Many high level athletes and coaches recognize mental coaching as their key for consistently performing at the highest possible level. However, the mental aspects of performance must work in conjunction with all the seven modules of the **MasterPlan** to give the athlete the strongest possible foundation, highest level of clarity, stamina, integrity and purpose.

If we disregard only one module of the **MasterPlan** it will weaken the process and the results.

“Having your own MasterPlan decides about  
winning or losing.”

Dirk Stroda

## New Paths Lead To New Treasures: MasterPlan

### **MasterPlan** Personal 1:1 Coaching:

- Comprehensive Intake Session(s) past/current/future assessment
- Personal 1:1 Coaching Sessions with Dirk Stroda (30 –45 min each)
- **MasterPlan** coaching 7-Step program
- Relaxation techniques, resiliency training, visualizing training, mental imaging, etc.
- Sessions are weekly, bi-weekly or monthly for a minimum of 6 months
- All coaching sessions are scheduled sessions
- Unlimited access to Dirk Stroda via phone/text/ SMS or email
- Assignments and HRV monitoring system included (iOS)
- Language: English and German
- On-site coaching\* is available (National/ International Events)
- Workshop Seminars\* for National Team members & International Sport Federations

\*not part of the individual coaching program but can be booked extra



Dirk Stroda

“We work with elite athletes, individuals and organizations for maximum performances.”



## About Dirk Stroda

Dirk Stroda is the *Catalyst* [prime agent of any desired change] for highly successful entrepreneurs, business people, public figures and CEOs, and the ‘go-to’ High Performance Mental Coach for world-class athletes. Stroda is based in British Columbia, Canada and works with clients world-wide. He is one of the most sought after speaker of his kind and has travelled the world speaking in front of thousands in the US, Canada, Europe and Australia. He is also a frequent writer for the Huffington Post and other international print magazines. He co-authored a scientific paper, published research, educational programs, print and audio-books.

As the Medical Coach Physiotherapist and High Performance Mental Coach, Dirk Stroda helped international athletes and 7 National Teams towards 13 Olympic Summer & Winter Games, many World Championships and PanAm Games and countless National Championships.

His flagship **MasterPlan** program is being used by elite athletes, executives and public figures.

Stroda coaches all team members of **Equestrian Canada's** Dressage, Para Dressage, Eventing and the world's best Show Jumpers from the US and Canada. He also works with the future hopefuls in North America.

His perspective as a former competitor, successful entrepreneur, physiotherapist and mental coach uniquely qualifies him to understand the physical and non-physical (mental) aspects that go into a Championship performance on all levels.

Dirk Stroda

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