



NAM BALDWIN - WORKSHOP

# The High Performance Active Experience

For over 2 decades Nam has been working in the high performance space with world class athletes, teams & businesses.

Nam has a unique way of teaching and challenging people which has a tremendous positive effect on their performance. During *'The High Performance Active Experience'* Nam focuses his entire knowledge-base of mind-body intelligence on helping your team move forward with either business, sporting &/or life challenges and goals.

Your team will discover, learn and be challenged through numerous practical experiences, and they will be guided to create 'action plans' to grow & improve performance. This experience can be run over 1-3 full days, focus areas are set out to the right, with activities on the next page.

## BEING THE BEST TEAM

- Forward Momentum: Nam facilitates a highly engaging & interactive process to get clear on the most important principles that support forward momentum in your team
- Strong Connection: Defining what supportive & connective behaviours must be in place for high performing teams and therefore what actions you & your team need to follow through with
- Mental Skills: Understanding the key mental skills that must be worked on to support a strong culture and work ethic.
- Self Regulation: Understanding how to create energy, focus & the ideal mindset to bring out the best in yourself and your team.

## FUN & INTERACTIVE CHALLENGES & GAMES

Every day business can be very challenging and demanding, so now it's time to get them engaged in a learning experience that's fun. The best way to learn new high performance skills is via a combination of theory + action. After delivering the what & the why, Nam will help your team tackle enjoyable tasks utilising key mental & physical skills that the worlds best performers use to reach the top of their game.

Throughout the experience, individuals develop their 'road map to best performance' by discovering their unique mental & physical skills. This experience organically builds deep connection and trust first within an individual and then the team.


- Preparation principles of world champions & elite business people.
- Recognising stress & pressure and developing skill sets to regulate it.
- Recording individual 'road maps' for best performance.
- Learning to 'Switch' from a state of high intensity to deep calm.

# NAM BALDWIN

[www.nambaldwin.com](http://www.nambaldwin.com)

## Get In Touch

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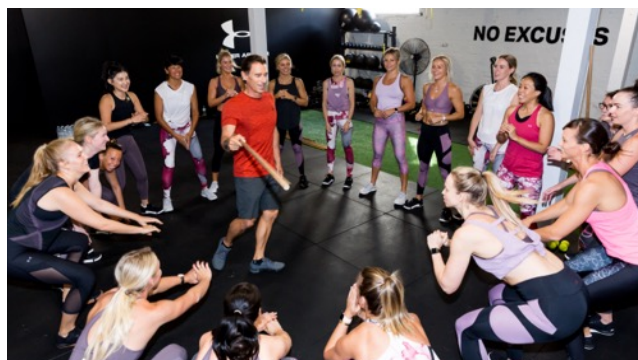


# The High Performance Active Experience: Activity Challenges



## Breath Enhancement Training -

Developing highly effective breathing practices to deal with high pressure experiences, for mental regulation and deep recovery. Land version available too



## Flow Training -

Physical activities combined with mental challenges designed to bring about the 'flow' state. Discover helpful & unhelpful behaviours for high performance.



## SmartFit Training -

Using the Smartfit Brain Training device to challenge reactions & decision-making skills under pressure. Learning protocols to gain greater access of your mind, body & skills.



## Altitude Training -

Using 2 different altitude rooms to heighten physical and mental challenges whilst reviewing performance behaviours. Using highly effective breathing protocols and awareness strategies to bring about peak performance behaviours.

## Hot/Cold/Magnesium Therapy -

Numerous studies are now suggesting that cold/hot water therapy is highly effective in boosting essential high performance endorphins such as dopamine & serotonin. The team will learn how about the incredibly valuable lesson of self regulation of the nervous system by entering a stressful environment (cold bath) before transitioning to a hot bath.