

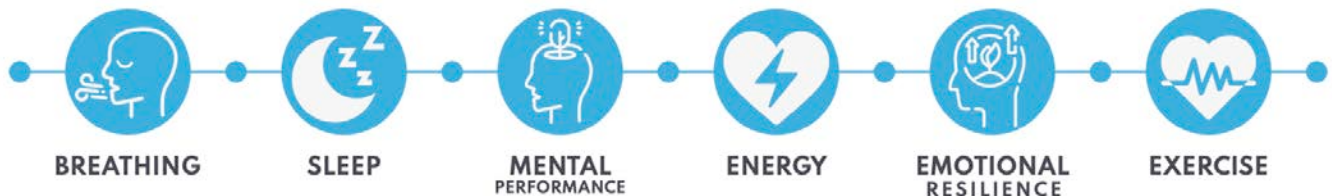
ELITE PERFORMANCE COACH INNOVATOR | SPEAKER

The Ultimate Well-Being & Performance Program
A Virtual Masterclass Series



THE PROGRAM

Nam Baldwins' Ultimate Well-Being & Performance Program focuses on improving your physical, mental & emotional well-being. In recent times you have been traversing through uncharted territory, facing uncertain & challenging times in lieu of so many uncontrollable factors. This means it is now more important than ever to be focusing on the things that can be controlled, your well-being practices & how you are showing up each day. Embedding these practices in to your daily lives provides certainty, it strengthens your resiliency & boosts your energy so you're able to 'strive & thrive' day to day.



COURSE INCLUSIONS

- **6 AREAS OF FOCUS** over 8 interactive virtual sessions.
- **60 MINUTE PRESENTATIONS** (75 minutes for the 1st module only)
- **FUNSHEETS** - interactive worksheets to make each session even more fun.
- **HEALTHY HABIT CHALLENGES** - realistic & achievable challenges are set in each session.
- **FOLLOW UP RESOURCES** are shared after every live session to reinforce learnings and help your team to implement better habits into their busy lives. These include:
 - **Audio Podcasts**- summarising each module so that you can revisit the content again at any time in the future or share with family or friends.
 - **Support Materials** are provided including recordings on breath-work & physical training programs, mindfulness & deep sleep audio tracks and check-lists for important daily routines- all of which can be saved/printed/watched & often as required.
 - **Nams Notes**- Visual Recordings from Nam as he enjoys keeping connected between sessions.
 - **Q + A** - Should Nam be unable to facilitate all questions during the Zoom time slot, send in your questions and he will answer during the week.

YOUR PERFORMANCE COACH

“With over 28 years of knowledge & experience in performance & well-being industries worldwide, Nam Baldwin specialises in high pressured human performance, by coaching mindset & physical capabilities, supported by well-being practices. With Olympic Gold Medallists & World Champions proving his methods, Nam is a much sought after performance coach for elite athletes across numerous disciplines & also the well kept secret of many ‘top 1-percenters’ in the business world. His gift of simplifying the complicated science behind brain & body performance, and delivering it in life-changing digestible sessions, creates proven successes and powerful outcomes.

Nams extensive knowledge and life stories bring a true authenticity to his work, and whether his audience is high end achievers or every day people he is always able to connect with and educate them on their own level.



MODULES

-  **1. BREATHING PRACTICES: That enhance your physical & mental well-being & performance**
When this foundational aspect of your health is not being performed effectively, countless other factors contributing to your mental & physical well-being & performance are unknowingly weakened. Get set to be taken on an interactive journey where you'll discover first whether your breathing is supporting or hindering how you feel, think, perform and act, before learning how to improve its effectiveness. With this in place you're then able to calm your mind, body & nervous system, so that your daily relationship with stress & pressure is enhanced, and you can generate improvements in your energy levels focus, self-control and sleep quality. This session finishes with a calming breath practice which will have you feeling like a zen monk & ready to tackle anything!
-  **2. WINNING HABITS: Daily routines to optimise your life**
Whether you're aware of them or not, you have habits, healthy or unhealthy, big or small, and they all combine to form influential routines that really impact your daily experience of life & performance. Forming healthier habits saves you from a lot of unnecessary stress, wasted ENERGY and EFFORT, so you'll have far more in the tank for your day. In this module you'll look at 2 of *the* most important routines that have the biggest impact on your mental & physical well-being & performance capabilities. Because the world class athletes that Nam works with must be ready to perform on specific dates at specific times, he's 'had' to find the most effective routines that create the right state in the mind & body, so they are able to perform at their best, or recover well from a big day- and we all need that!
-  **3. EMOTIONAL WELL-BEING: Tools that positively impact mental health & performance**
In this 2-part module you'll discover the fascinating way in which your state of body impacts your state of mind (& vice versa) & how both operate in challenging situations. You'll discover how to thread simple daily actions in to each day which allow self-awareness, emotional regulation & resilience skills to grow. When you improve your ability to self regulate and manage disruptive emotions, thoughts & impulses, you're more able to 'roll with the punches,' reducing your daily anxieties & emotional load. You can then adapt more easily to stress without the usual fallout & exhaustion, and spend more time being who you want to be. Be captivated as Nam shares really powerful stories about some of Australia's greatest athletes & how they use the very same education & tools you'll receive, to break-through mental and emotional barriers and successfully deal with setbacks, uncertainty and performance under pressure.
-  **4. EFFECTIVE EXERCISE & MOVEMENT: How to exercise smarter for a longer, happier life**
We know that exercise has a tremendous positive influence on your mental & physical well-being & this module is absolutely fantastic for those that are struggling to find the time or motivation to make it happen. Nam will introduce time efficient, science-based, exercise principles & programs designed to dramatically improve the health & fitness of your heart, lungs & brain for a longer, happier life. Secondly, due to the little known fact that sitting too much during waking hours has basically become the new smoking, you'll take a look at both the consequences of being on your butt too much & what you can be doing to regain 7 years of your life!
-  **5. MINDFUL EATING: to easily increase your physical and mental energy**
Ever find yourself on a wild roller coaster ride during the day where one minute your emotions, energy & focus is great, & the next minute you feel like crawling under the desk for a nap, the only recipe to continue on = sugary treats + caffeine? You are not alone!! Due to our hectic schedules & ever increasing number of distractions, eating has become a mindless, multi-tasked action, and in this process we are sorely missing out on the power that this health pillar has to elevate our energy, emotions & performance. In this module Nam will share the *most important* universal nutritional principles and guidelines for a very healthy body and high performance state of mind. You will discover enlightening ways to improve your food choices and be inspired by epic client transformation stories which demonstrate what is possible when we eat more mindfully.
-  **6. YOUR A-GAME: Discover your unique recipe to bring out your best, every day**
By learning from past performances, good & bad, high performers become very clear on what they need to do, and who they need to be to feel good & perform well consistently. They identify a 'recipe' that brings about their A-GAME and this helps them to preserve a strong sense of self-confidence & self-trust in their daily pursuits. In this module Nam will help you to discover & identify the characteristics that define your A-game recipe, and which habits & routines you need to have in place to consistently feel great, perform at your best & cope better with daily pressures. FINALLY, we will provide you with an EPIC tool to ensure you are incorporating your most important personal & business tasks in to your day for your Ultimate Well-Being & Performance!

PARTNERSHIPS & CLIENTS



"ADCO Constructions employed the services of Nam Baldwin as a result of COVID-19. We utilised Nam's expertise to assist our Victorian team in fostering basic skills, practices and coping mechanisms to assist them through the initial lockdown period. Following this, Nam's services were later rolled out across our NSW and Queensland branches.

Our staff could not speak more highly of Nam and his sessions. He was engaging, informative and provided invaluable lessons on the importance of establishing daily routines, breath-work, nutrition, exercise, mental and physical wellness and the roles that they play in maintaining a positive state of mind.

During the second Victorian lockdown, Nam returned to assist our staff with incorporating resilience and mindfulness practices into their routines and provided extra assistance to those who required it.

Nam is incredibly approachable and relatable, and I have no hesitation in recommending him and his services."

Lakshu Adaikalavan- ADCO Constructions Victorian State Manager



"Moose prioritized the wellbeing of it's global team throughout the pandemic in many creative ways, and Nam's virtual "Ultimate Well-being and Performance Program" provided the tools and insights needed to really help our teams reach their A-game. Nam's content, all backed by science, and delivered in a super engaging manner, provided everyone with the knowledge and motivation to create new habits that will improve their mental, physical and emotional wellbeing in all settings. Our global attendance was phenomenal, and his teachings are now the topic of many team conversations. The take-away notes, podcasts and reference material were brilliant, and we love that we can now pay-it all forward with our friends and families."

Manny Stul- MOOSE Toys Chairman and CEO



PRICING

MODULE # & DESCRIPTION	# Sessions in Module	VIRTUAL DELIVERY Price per Module (+gst)		IN PERSON DELIVERY
		# of deliveries per week		
		X 1	X 2	X 1
1 BREATHING PRACTICES: That enhance your physical and mental well-being & performance	1	\$2500	\$4000	\$3000
2 WINNING HABITS: Daily routines to optimise your life	1	\$2500	\$4000	\$3000
3 EMOTIONAL WELL-BEING: Tools that positively impact mental health & performance	2	\$5000	\$8000	\$6000
4 EFFECTIVE EXERCISE: How to exercise smarter for a longer, happier life	1	\$2500	\$4000	\$3000
5 MINDFUL EATING: Easily increase your physical and mental energy	1	\$2500	\$4000	\$3000
6 YOUR A-GAME: Discover your unique recipe to bring out your best, every day	2	\$5000	\$8000	\$6000
FULL PROGRAM COST (+gst)		\$20,000	\$32,000	\$24,000



THANK YOU FOR THE OPPORTUNITY

We look forward to
discussing any further
questions with you

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