



Chris Walton Msc

PERFORMANCE PSYCHOLOGIST

UNIQUE 1:1 COACHING AND
GROUP/TEAM TRAINING

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KEYNOTE PRESENTATIONS

Unique 1:1 Coaching and Group/Team Training

Keynote Presentations:

Peak Performance in 60 Seconds

The 4 Essentials to Maximise Your Energy, Resilience and Performance

Some of the content of these dynamic audio visual presentations:

- ∞ The 4 Essentials to Maximise Your Energy, Resilience and Performance.
- ∞ How to create a peak performance brain state and super focused mind in less than 60 seconds.
- ∞ Why you are getting the results you are – and how to break-through to the next level.
- ∞ Why you are accessing only about 5% of the potential of your mind and how to rapidly improve this.
- ∞ How your belief systems completely create your results and impact your health and energy.
- ∞ The difference between the conscious and subconscious mind and why you have to align the two parts of the mind for exceptional performance.
- ∞ How to channel your mental and emotional energy for higher levels of thinking and innovation.
- ∞ Understand the power of the collective mind of the organisation.