

Life Saving Victoria invites you to

Blue Connections Session 10: Growth Mindset

Keynote Speaker: Daniel Dymond - Performance Psychologist

Date: Wednesday 2nd October 2019 @ 6.30pm (for 7pm start)

Location: LSV State Centre

What's the session about?

Hear from one of Australia's most progressive performance psychologists, Daniel Dymond as he navigates us through the importance of growth mindset via his presentation **'Zero Potential - Performing at Your Best in High Stakes Environments.'**

Become confident that you have what it takes to mentally enable your skills to shine through. Let go of struggling to perform and learn to thrive in the moments that matter. Commit to cultivating a mind that will help you in emotionally charged moments.

Session topics include:

- Competence Vs confidence
- The benefits of learning to grow uncomfortably
- Performing with pressure
- Dropping your armour, picking up courage

Who is Daniel Dymond?

As one of Australia's most progressive performance psychologists, Daniel specialises in assisting people fulfil their potential when it matters most.

Daniel combines up-to-date neuroscience and psychology with performance strategies used by the most successful athletes and coaches and delivers this in an energetic, creative and easily digestible way.

Daniel works in performance every day and understands the pressures and opportunities that occur in these intense, unique environments. He is well positioned to help others perform in moments that matter; bringing their attention, energy, and commitment to actions in line with performance.

Daniel currently works with Adelaide Football Club, Golf Australia, and is Director of The Performance and Sport Psychology Clinic where he works with a variety of elite and aspiring athletes. Some of the success his clients have had include: Olympic qualifications, World Championship medals, WTA tour titles, world records, national titles and executive/high performance job attainment.

"A mindset that not just holds up, but holds up well in moments that matter, will be the difference between success and failure"

