MINDFUL PERFORMANCE CONSULTING

Keynote and Training Packages

Matthew Hood, EdD, CMPC | Human Performance and Mindfulness Specialist

Choose the depth of training that fits your event, team, and mission. Packages range from a focused keynote to immersive, multi-day skill development.

PACKAGE 01 • 60 MINUTES

60-Minute Keynote

WHAT IS INCLUDED

- One 60-minute high-impact keynote
- Choice of any signature topic: MIND • BODY • MISSION, Tactical Mindfulness, Leadership Through Composure, or Train the Mental Side
- Pre-event planning call (20–30 minutes)
- Customization for audience type and mission focus
- Digital follow-up resource: one-page takeaway sheet
- Optional Q&A (10 minutes)
- Option to add bookable breakout sessions

IDEAL FOR

Conferences, leadership summits, all-hands meetings, tactical briefings, and athletic programs.

OUTCOMES

- Clear, actionable mental skills
- Strong audience engagement
- Practical tools ready to use immediately

PACKAGE 02 • 3–4 HOURS

Half-Day Training

WHAT IS INCLUDED

- One extended training session (3–4 hours)
- Deep dive into one keynote topic or a blended curriculum
- Scenario-based applications tailored to the audience
- Guided Tactical Mindfulness drills
- Leadership communication tools for high-pressure environments
- Breaks built into session timing
- Digital workbook or handouts included
- Pre-event planning call with leadership team
- Optional follow-up virtual session

IDEAL FOR

Department training, command staff development, athletic programs, and tactical units.

OUTCOMES

- Improved readiness and composure skills
- Better team communication under pressure
- Skill retention through repetition and practice

BOOK YOUR NEXT EVENT

mhood@mindfulperformanceconsulting.com | 615-430-3118
mindfulperformanceconsulting.com/speaker

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PACKAGE 03 • 6–7 HOURS

Full-Day Training

WHAT IS INCLUDED

- Full-day immersive training (6–7 hours)
- Multiple modules: MIND • BODY • MISSION, Tactical Mindfulness, Decision-Making Under Stress, Leadership Through Composure, and Attentional Control and Reset Routines
- Two structured breaks plus lunch
- Tactical application labs
- Team-based scenario work
- Comprehensive digital workbook
- Pre-event planning meeting with command or leadership
- Optional leadership-only breakout session

IDEAL FOR

Organizational retreats, department-wide performance training, and leadership academies.

OUTCOMES

- Integrated skill mastery
- Cultural shift toward composure and mission focus
- Team alignment around attention, physiology, and purpose

PACKAGE 04 • 2–5 DAYS

Multi-Day Program

WHAT IS INCLUDED

- Custom-built multi-day curriculum
- Morning and afternoon training blocks
- Progressive drills and multi-stage scenarios
- Daily integration practices
- MIND • BODY • MISSION tactical playbook
- Optional assessment tools: attention, composure, and flexibility exercises
- Follow-up coaching sessions (optional virtual)
- Pre-event strategy sessions with leadership
- End-of-program leadership debrief

IDEAL FOR

Leadership academies, tactical certification blocks, organizational development programs, and athletic preseason intensives.

OUTCOMES

- Culture-level performance transformation
- High durability and long-term retention of mental skills
- Deep alignment between individuals, teams, and mission demands

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