MINDFUL PERFORMANCE CONSULTING

Signature Keynotes

Matthew Hood, EdD, CMPC

Practical performance psychology for staying composed, thinking clearly, and acting with purpose under pressure. Each keynote is tailored to your audience and event.

01 • FLAGSHIP KEYNOTE

MIND • BODY • MISSION

Aligning Attention, Physiology, and Purpose Under Pressure

Explore how attention, the stress response, and purpose interact under pressure. Learn to recognize misalignment and reset before the next action.

AUDIENCE

Athletes, coaches, military, first responders, leaders, and organizational teams.

PRACTICAL TAKEAWAYS

- Recognize signs of misalignment
- Practice composure and attention resets
- Clarify priorities that guide execution

02 • TACTICAL PERFORMANCE

Tactical Mindfulness

Control Yourself. Execute the Mission

Apply mindfulness as an active performance skill when decisions carry consequences. Use attention, breath, and body awareness to maintain capability during operational stress.

AUDIENCE

Military, law enforcement, fire and EMS, public safety, and high-performance teams.

PRACTICAL TAKEAWAYS

- Practice grounding and regulation
- Recognize overload and reactive responses
- Integrate mental skills into preparation

03 • LEADERSHIP

Leadership Through Composure

Staying Steady When the Pressure Is on You

Examine how your response to pressure shapes communication, decisions, and your team. Practice managing your stress response while keeping people and priorities in focus.

AUDIENCE

Command staff, supervisors, executives, coaches, and leadership development programs.

PRACTICAL TAKEAWAYS

- Recognize stress-driven leadership habits
- Communicate with composure
- Anchor decisions in purpose and priorities

04 • ATHLETES AND COACHES

Train the Mental Side

Performance Psychology for Athletes and the People Who Coach Them

Bring mental preparation into everyday training and competition. Practice focus, confidence, and composure, with reset routines for mistakes and demanding competitive moments.

AUDIENCE

Athletes, coaches, athletic directors, and high school, collegiate, and competitive sport programs.

PRACTICAL TAKEAWAYS

- Build competition reset routines
- Redirect attention to the task
- Develop confidence and mental skills in practice

BOOK YOUR NEXT EVENT

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