

## **Matthew Hood, EdD, CMPC – Keynote & Training Packages**

Human Performance & Mindfulness Specialist  
MIND • BODY • MISSION | Tactical Mindfulness

### **1. 60-MINUTE KEYNOTE**

Ideal for: Conferences, leadership summits, all-hands meetings, tactical briefings, athletic programs.

Includes:

- One 60-minute high-impact keynote
- Choice of any signature topic (MIND • BODY • MISSION, Tactical Mindfulness Under Pressure, Leadership Through Composure, Performance Psychology for Athletes)
- Pre-event planning call (20–30 minutes)
- Customization for audience type and mission focus
- Digital follow-up resource (1-page takeaway sheet)
- Optional Q&A (10 minutes)
- Option to add bookable breakout sessions

Outcomes:

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

### **2. HALF-DAY TRAINING (3–4 HOURS)**

Ideal for: Department trainings, command staff development, athletic programs, tactical units.

Includes:

- 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

Outcomes:

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

**MIND • BODY • MISSION**

### 3. FULL-DAY TRAINING (6–7 HOURS)

Ideal for: Organizational retreats, department-wide performance training, leadership academies.

Includes:

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

Outcomes:

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

### 4. MULTI-DAY PROGRAM (2–5 DAYS)

Ideal for: Leadership academies, tactical certification blocks, organizational development programs, athletic preseason intensives.

Includes:

- 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, flexibility exercises)
- Follow-up coaching sessions (optional virtual)
- Pre-event strategy sessions with leadership
- End-of-program leadership debrief

Outcomes:

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

**MIND • BODY • MISSION**