THE INK
CONSULTING ASSOCIATES
COLLECTION

JOHN SHACKLETON

CREATING A HIGH-PERFORMANCE MINDSET



Inspiration and practical strategies to build resilient mindsets, unlock potential and sustain high-performance in every area of life.

MINDSET ▸ RESILIENCE ▸ PERFORMANCE ▸ WELLNESS



In collaboration with

DARREN PRATLEY
FOUNDER
INK CONSULTING ASSOCIATES

Darren.

INTRODUCTION

PERFORMANCE GUIDE

High performance starts with the way we think.

Creating a High-Performance Mindset is a practical three-session development Program designed for people who want to perform more consistently, strengthen their self-belief and take greater control of the thoughts, habits and actions that influence their results. This is not about positive thinking or simply working harder. It is about understanding how your mindset impacts your performance and developing practical strategies to reset the thinking and behaviours that may be holding you back.

Throughout the Program, participants will work alongside John Shackleton, drawing on his decades of experience in sports psychology, performance coaching and personal development. Across the three sessions, John will explore the essential elements of high performance – from the internal voice, self-belief and comfort zones through to resilience, discipline, daily habits, accountability and taking control of the things you can influence.

Importantly, the Program is designed around implementation. Participants will be supported with practical exercises, video tutorials, a course workbook and a personal one-on-one session with John to help turn learning into meaningful action. By the end of the Program, you won't simply understand more about high-performance thinking – you'll have developed a practical structure to help you think differently, act more deliberately and perform more consistently.

Because when your thinking changes, your actions change – and so will your results.

MEET YOUR FACILITATORS



JOHN SHACKLETON

HIGH-PERFORMANCE MINDSET EXPERT

John Shackleton is a world-travelled speaker, bestselling author and record-breaking swimmer with a background in sports psychology and more than a decade of experience coaching world champions and Olympic medallists.

Now in his 70s, John doesn't simply teach high performance – he lives it. Having overcome cancer and returned to competitive sport, speaking and writing, John brings a unique combination of psychology, personal experience and practical performance strategies to his work.

His engaging, humorous and down-to-earth approach helps people strengthen their self-belief, challenge limiting thinking and develop the small, consistent habits that lead to greater performance – both professionally and personally.



DARREN PRATLEY

BUSINESS PERFORMANCE STRATEGIST

With more than 30 years of experience working alongside high-performing real estate professionals, Darren Pratley has helped thousands of agents across New Zealand and Australia build successful careers.

Combining proven strategies with practical, real-world experience, he equips new agents with the confidence, skills and direction to build a strong foundation and achieve lasting success.

THE PROGRAM OVERVIEW

INK CONSULTING ASSOCIATES | PERFORMANCE GUIDE

Three powerful sessions. One personal one-on-one. Pratical tools that create lasting change



MINDSET
Understand it



RESET
Challenge it



STRUCTURE
Build it



ACTION
Live it

Small shifts in how you think lead to big changes in how you perform.

YOUR PROGRAM INCLUDES:



3 x 90-MINUTE LIVE ZOOM SESSIONS



1 x 30-MINUTE ONE-ON-ONE WITH JOHN



COURSE WORKBOOK



VIDEO TUTORIALS



CHECK-INS & ACCOUNTABILITY SUPPORT

WHAT WE'LL COVER



SESSION ONE: **MINDSET**

Understanding what drives your performance

Internal voice . Self Belief . Comfort Zone . Raising the Bar . Want vs Control . Decisions & Actions . Honest Feedback . What you can influence . Using setbacks as feedback



SESSION TWO: **RESET**

Changing the pathway

Resetting your thinking . New Vision . Re-programming . Resillience . Doing the doing . Frequency & Consistency . Scoreboard . Accountability & Support



SESSION TWO: **THE MASTERCLASS**

A very special insight

Taking control . Diary Structure . Habits & Affirmations . High-performance Principles . Daily Action . Notebook . Lift the game . Re-programming . Check-in

WHO IS THIS PROGRAM FOR?



THIS PROGRAM ISN'T JUST FOR SOMEONE WHO IS STRUGGLING.

In fact, it may be even more valuable for someone who is already performing well but knows there is another level available to them. It's designed for salespeople, business owners, managers, leaders and professionals who want to:

- Perform more consistently
- Build greater self-belief
- Become more resilient under pressure
- Develop stronger daily habits
- Better manage their internal dialogue
- Stop allowing circumstances to dictate performance
- Create greater personal accountability
- Push beyond their current comfort zone
- Take greater control of their actions and results

PROGRAM DETAILS & INVESTMENT

INVESTMENT

$ 495

+ GST

> *High performing isn't about doing more. It's about becoming better at what you do and doing the right things consistently*