



Jessica Robbins Companies Ltd

## Peak Performance Coaching & Consulting



*"The Mind  
Commands...  
and the Body  
Obey"*

-Saint Augustine

**Achieving world-class performance** requires the use of vast resources, physical, mental and emotional. Commitment, determination, focus and single-mindedness are essential, yet even with these attributes, an athlete may still under achieve and under perform. An inability to master the mind-body connection is the cause of many talented people falling short of the success they deserve.

**Professor Steven Paul**, Olympic fencer recalls his experience at the Barcelona Olympics

*"I'd fought in Moscow 1980 and Los Angeles in '84, and in Barcelona '92 I was convinced I was going to win Olympic gold. I went out in the first round! I just forgot how to fence and perform because I was nervous. It was awful! When life was good, I would perform like I was on fire, but often I would turn up to competition and feel overwhelmed by the pressure. Back then I had no skills to turn this emotional state around. If only I'd known how to control my thoughts and focus I have no doubt I would have won that gold medal. I now coach fencers who are technically capable of being Olympic champions, and yet they suffer and under achieve from the stress of competition. Jess Robbins has shown me techniques to get my athletes and myself back in the mind-game when it really counts, as well as ways of coaching on a day to day basis that builds their mental ability to be winners."*

**At the highest levels of sport**, business and the performing arts, evidence has suggested that "mental toughness" is the factor that often determines performance outcome. Olympic champions are clearly aware of the benefits of consistent mental preparation in their sports. The mind should be as highly trained as the body for peak performance, but how do you train your mind and what do you need it to be able to do?

*"I have been visualising myself every night for the past four years standing on the podium having the gold placed around my neck"* – **Megan Jendrick (Quann)**

**Jessica Robbins** specialises in techniques for mind-body mastery and its use in fulfilling potential, breaking through physical and psychological boundaries. As well as having incredible successes in her own life, she has worked with many hundreds of clients to improve their performance, remove limitations and achieve their goals, often doing so despite the odds being stacked against them. Some of her clients have even extended or restarted sporting careers as long as 18 years after retirement, using these skills!



"You can't put a limit on anything. The more you dream, the farther you get"  
- Michael Phelps

Jess Robbins has identified **3 main psychological skills** vital for competitive success.



1. The ability to control your emotional state for peak performance.
2. The ability to control your attention and to focus on the task at hand without distraction.
3. The ability to build unshakeable self-belief that you can achieve the outcome you want.

In addition to competitive skills, there are skills that are advantageous when practised consistently before, during and after competition, such as managing life challenges effectively, discrediting psychological blocks as they are discovered and immediately turning setbacks into opportunities.

**Mastering the mind-body connection** can rarely be done without instruction or guidance from someone experienced in these techniques. A high degree of skill is difficult to obtain spontaneously by physical training or trial and error alone. Having a coach to guide, encourage, give feedback and support is essential for true and permanent mastery.

**The following 3 coaching programmes** have been designed by Jessica Robbins to deliver everything you need in order to make you a Master of the mind-body connection. You will be able to realise your athletic potential, set goals, make personal breakthroughs and take control to ensure every moment of your training is stacking the odds of winning Olympic Gold firmly in your favour!

### ◆ **Launch Pad Programme**

Designed as the foundation programme that all athletes attend as group or 1-1 sessions.  
Approx 10 hours

### ◆ **Breakthrough Programme**

Designed to find the cause of and deal with any issue or problem identified by the athlete or their coach as affecting performance directly or indirectly.  
Must be preceded by LaunchPad Programme  
1-1 sessions only (2 hr sessions) until issue resolved

### ◆ **Elite Performance Programme**

Builds on the skills learned in the Launch Pad programme and is designed as an ongoing coaching programme to support the elite athlete alongside physical training.  
Regular 1-1 sessions ongoing (variable 30-90 mins)



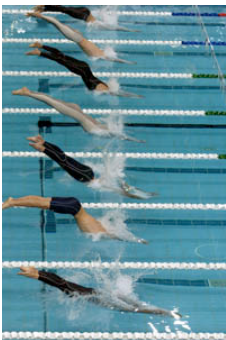
## The LaunchPad Performance Programme



- *Begin the journey of self discovery*
- *Achieve all-round rock-solid self belief and self-certainty*
- *Develop control over your mind-body connection*
- *Develop ability to control attention, your will and change emotional states*
- *Goal Setting and the Jess Robbins method of Outstanding Goal Achievement*
- *Program goals into subconscious mind*
- *Turbo charge motivation*
- *Increase focus and energy towards goals*

The Launch Pad programme is based upon the Robbins method of Outstanding Goal Achievement. Along the way, you will discover beliefs about yourself that affect your performance positively and negatively, understand how to develop your personal power, understand your values, what motivates you along with your learning style. You will begin to develop the ability to control the mind-body connection for peak performance during training and competition. You will be able to make courageous decisions about the future based on what's really right for you. Decide what you want, understand why and know that you can achieve it. You will set incredible goals for yourself and learn a proven successful and almost effortless approach to goal achievement. You will learn the powerful Robbins visualisation techniques and learn how to program your goals into your subconscious mind so that without conscious effort your behaviour will take you towards their achievement. You will learn effective and empowering strategies for life management so that everyday life and your response to its challenges are under your control. Once you understand and control how your mind and body work together you can make every training session a huge leap forwards towards your ultimate goal.

## The Breakthrough Programme



*(Follows on from LaunchPad programme and used for problems or concerns identified as effecting training/performance)*

- Understand what holds you back from peak performance
- Remove psychological blocks such as performance anxiety, limiting beliefs, fears, phobias, stress etc.
- Control emotional and physical states for peak performance
- Recover and refocus energy and attention immediately after setbacks
- Transform mistakes or defeats into opportunities
- Deconstruct and discreate negative or unwanted behaviours
- Program positive behaviours subconsciously
- Transform life challenges into opportunities

Discover what holds you back from ultimate success and eliminate it. Whether it's a psychological block, inconsistency in performance, limiting beliefs about your own ability or difficulty under pressure. Whatever the problem, we can find and eliminate the cause using tried and tested techniques, then build a strategy that moves through it to the next level of success. You can learn to control your response to setbacks and restore mental strength and focus. Everything is achievable and you are more powerful than you realise, so if you're not getting what you want, its time to remove what's stopping you and go get it!



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"I know I've made huge gains in my confidence, and knowing more about my racing and myself as a person. That has made me a better athlete". **Libby Lenton**

## The Elite Programme



*(Follows on from the LaunchPad Programme)*

- Psychological preparation for peak performance at competition
- Remove doubts, fears, stress and negativity
- Surpass the expectations you have around your potential and become limitless
- Find your personal "zone" and be able to trigger it on demand
- Self-management for Peak performance
- Become a master of the mind-body connection. Push back the boundaries of physical and emotional pain.
- Learn to thrive on pressure and strive for super-human performance

The elite programme is designed for the competitive or professional athlete. Dealing with the pressure of high expectations and constant focus is demanding, so not only will you learn the techniques that will allow you to take this in your stride, but your Elite Performance coach is there to help you keep on top of your goals, exceed expectations, design and implement strategies to keep you in control of your performance as well as giving you personal attention, ongoing encouragement and support every step of the way.

*In addition to the 3 main programmes, the following options are available...*

## Physical Wellbeing



- Utilise the power of the subconscious mind to prevent illness/injury and aid speed recovery.
- Reveal and resolve any underlying causes of stress related illness
- Reduce or eliminate pain and discomfort
- Increase confidence in returning to training after injury

As an Advanced Hypnotherapist Jess Robbins has first hand experience of using mastery of the mind-body connection to cure diseases, illnesses and injuries of the body. In just 4 days she became pain-free from a crippling back disease she'd suffered with for 10 years along with endometriosis and food allergies. She now uses the techniques she developed to help others overcome their physical and health related problems such as injuries, joint and muscle pain, allergies, painful arthritis and even colds and flu. The body is in a constant state of repairing itself and regeneration. Programmed into every cell is the blueprint for perfect health and yet stress and certain emotions lower the body's defences, allowing illness, disease and even injury to prevail. By reducing the effects of stress on the body along with various other techniques to influence the subconscious mind, healing is more rapid and effective.

## Personal Goals programmed on CD for visualisation.



For each athlete, an individual recording can be made to program their subconscious minds with the goals and areas of focus they need to reach peak performance. This is achieved using the well-known performance enhancing art and science of Neuro-Linguistic-Programming (NLP). Change occurs effortlessly as a result, and since suggestions are programmed into the subconscious, no additional focus or energy is required from the performer.