



**Dr Jodie**

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HIGH PERFORMANCE AND  
EXECUTIVE COACHING

# 5 KEY HIGH PERFORMANCE TECHNIQUES

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*Dr Jodie x*



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# High Performance and Executive Coaching

Informed by Dr Jodie's Mind Strength Method will help you:

- Understand how to optimise your self-awareness.
- Amplify your mind strength peak performance, resilience and wellbeing as the key to success.
- Take your career, business, and sense of achievement to the next level

"I'm on a mission to empower leaders with the knowledge and tools to develop mind strength and peak performance."

*Dr Jodie x*





# What is high-performance?

In today's fast-paced corporate world, it is crucial to be at the top of one's mental game. Stress, burnout, and anxiety are all too common among professionals. Dr. Jodie's Mind Strength Method is a proven approach that can help you overcome these obstacles and perform at your best.

This ebook will outline the five key techniques that are the cornerstone of Dr. Jodie's method.





1

## Mindfulness

Mindfulness is the foundation of Dr. Jodie's Mind Strength Method. It involves paying attention to the present moment and accepting your thoughts and feelings without judgment.

Practising mindfulness regularly can reduce stress, increase focus, and boost mental clarity.



2

## Positive Self-Talk

The way we talk to ourselves can have a huge impact on our mental well-being. Dr. Jodie's Mind Strength Method encourages individuals to adopt a positive and self-compassionate inner dialogue.

By replacing negative self-talk with positive affirmations and reminders, individuals can boost their confidence and resilience.



3

## Goal Setting

Setting specific, measurable, attainable, relevant, and time-bound (SMART) goals is a key component of Dr. Jodie's Mind Strength Method. This technique helps individuals stay focused, motivated, and on track, even during difficult times.

By setting goals and regularly checking in on progress, individuals can increase their sense of control and purpose.





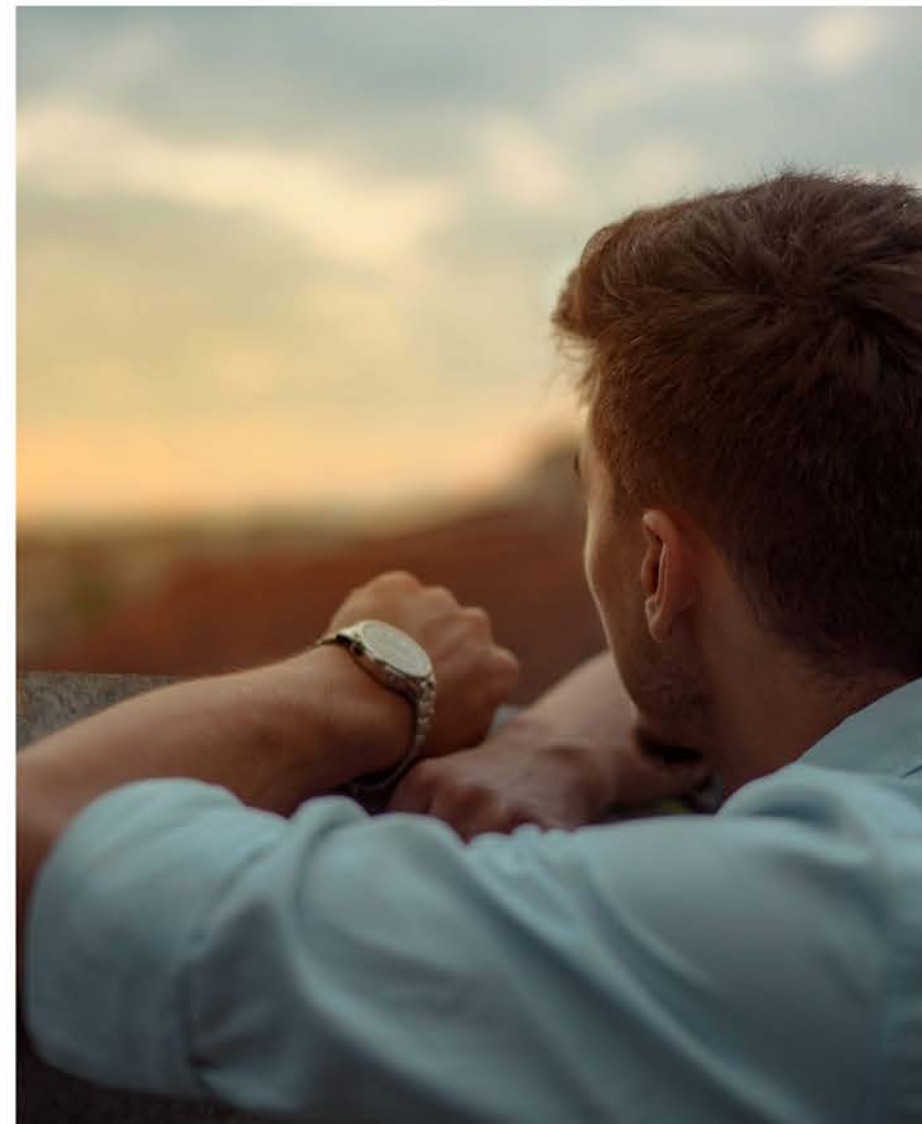
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## Relaxation Techniques

Relaxation techniques, such as deep breathing, progressive muscle relaxation, and visualisation, are an essential part of Dr. Jodie's Mind Strength Method.

These techniques help individuals manage stress, improve sleep, and maintain a healthy state of mind.

Regular practice of relaxation techniques can increase mental calmness and resilience.



5

## Time Management

Effective time management is a critical aspect of performing at one's best. Dr. Jodie's Mind Strength Method teaches individuals how to prioritise their time, delegate effectively, and minimize distractions.

By adopting a more structured and intentional approach to time management, individuals can increase their productivity, reduce stress, and achieve better work-life balance.





# Building Mind Strength

Dr. Jodie's Mind Strength Method is a comprehensive approach to achieving high performance and mental well-being in the corporate world. By incorporating the five key techniques outlined in this ebook, individuals can reduce stress, improve focus, and achieve their full potential.

Start incorporating these techniques into your daily routine today, and experience the benefits for yourself.



# DR JODIE LOWINGER

DCLIN PSYCH MSC (USYD)

BSC PSYCH HONS 1 (UNIVERSITY MEDAL) (UNSW)

High Performance & Executive Coach Clinical Psychologist | Speaker  
Anxiety, Mindset & Resilience Expert Author of The Mind Strength  
Method

Jodie holds a Doctor of Clinical Psychology and Master of Science from the University of Sydney and was awarded the University Medal for Psychology (UNSW). Jodie has 20 years of organisational and clinical experience working as a Clinical Psychologist, executive Coach and Management Consultant.





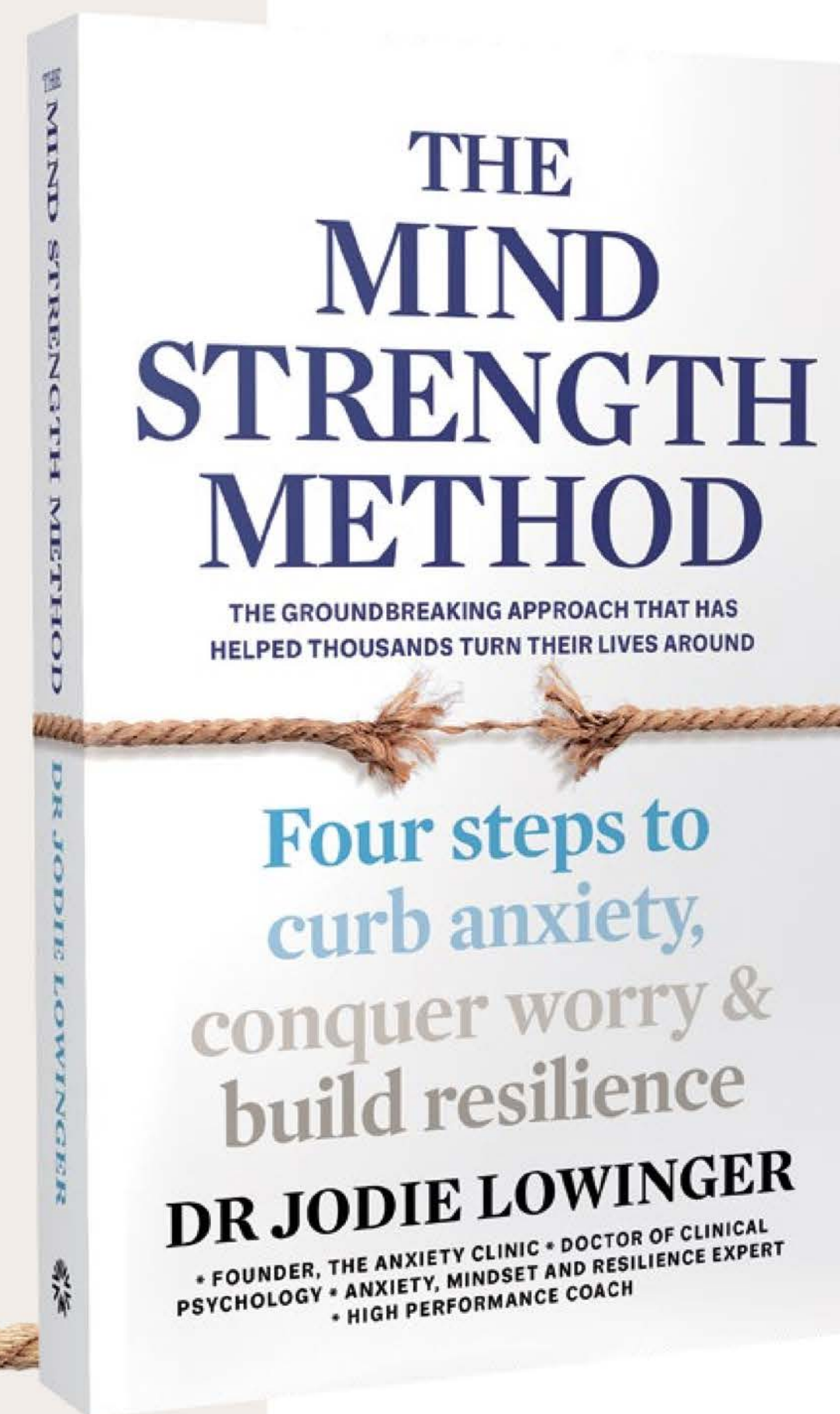
WHAT IF YOU COULD TURN ANXIETY INTO YOUR SUPERPOWER?

# THE MIND STRENGTH METHOD

The Mind Strength Methodology offers a logical and practical toolkit using the best evidence-based techniques to:

Overcome fear-driven thoughts and behaviours and turn them into empowered action. Break free from being bossed around by worry and your inner critic. Build a resilient, high-performance mindset.

Woven through with relatable case studies, simple diagrams and illustrations, The Mind Strength Method challenges the stories you've been telling yourself and helps you to move forward in your life with enhanced confidence, resilience, happiness and wellbeing. It is a go-to guide for anyone who feels they are caught in fight-or-flight mode and a must-read book in the midst of uncertainty.





# Book a call

**Dr Jodie Lowinger**

✉ [jodie@mindstrength.com.au](mailto:jodie@mindstrength.com.au)

🌐 [www.mindstrength.com.au](http://www.mindstrength.com.au)

🌐 [theanxietyclinic.com.au](http://theanxietyclinic.com.au)

