

BENEFITS:

here's what I do for you

With 19 years of experience helping high-performing teams develop a winner's mindset, I will teach you to:

- 1 Use mindfulness**
to become present and to improve your decision-making under pressure.
- 2 Use your breath**
to change your emotional state, focus, and heart rate.
- 3 Use visualisation**
to improve your mental resilience and boost your success.

As an age group triathlete who has represented Australia and overcome a near-death workplace incident, I'll teach you how:

- ✓ To **deal with disappointment.**
- ✓ To **place things into perspective.**
- ✓ To **use resilience, reframing & reassurance.**

SPORTS PSYCHOLOGY PROGRAM

Empowering you to perform under pressure, to rely on relaxed readiness, and to make mindfulness matter.

 **ANTON GUINEA**



Anton Guinea

DIP ENG, BBA, BPSYCSC, PGRAD DIP

Burns survivor, international speaker, researcher, best-selling author, triathlete, husband, father, and founder of The Guinea Group of Companies.

From electrician to influencer.



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EXPERT ON

- Perspective
- Leadership
- Resilience
- EI
- Influence

EXPERIENCE IN

- Construction
- Contracting
- Manufacturing
- Engineering
- Consulting

EVIDENCED BY



CLICK FOR ESPEAKERS

MAKE YOUR BIG MOMENTS COUNT WITH

FOCUSED SPORTS PSYCHE PROGRAM

Available for 3, 6 or 9 months at \$1,397 per month.

This program includes:

- 1x 2-hour planning and set up session (individual, or 4 hours for your team members in the program)
- 1x 2-hour monthly coaching session
- 24/7 contact with a 4-hour response time
- Weekly focus video/s
- Monthly group coaching sessions (for you and any team members in the program)
- A monthly call between me and your coach (to align the program)
- A Personal Resilience Profile Report
- A personal mindfulness journal

PLUS!

- A copy of the book: The Mindful Athlete

REACH YOUR HIGHEST POTENTIAL WITH

PREMIUM SPORTS PSYCHE PROGRAM

Available for 3, 6 or 9 months at \$2,497 per month.

This program includes:

- 1x 4-hour planning and set up session (individual, or 8 hours for your team members in the program)
- 2x 2-hour monthly coaching sessions
- 24/7 contact with a 4-hour response time
- Weekly focus video/s
- Monthly group coaching sessions (for you and any team members in the program)
- A monthly call between me and your coach (to align the program)
- A Personal Resilience Profile Report
- A personal mindfulness journal

PLUS!

- A copy of the book: The Mindful Athlete
- Weekly 15-minute check in calls
- Anton's eBooks:
 - Upgrade your Mindset
 - Upskill your Leadership
 - Uplift your Team