

## Is there evidence?

- Grounded in neuroscience
- Enough info to have an experience

## Is there an application in the real world?

- Corporate relevance
- Judge by results

## Does it work for me?

- One size fits one
- Run the experiment



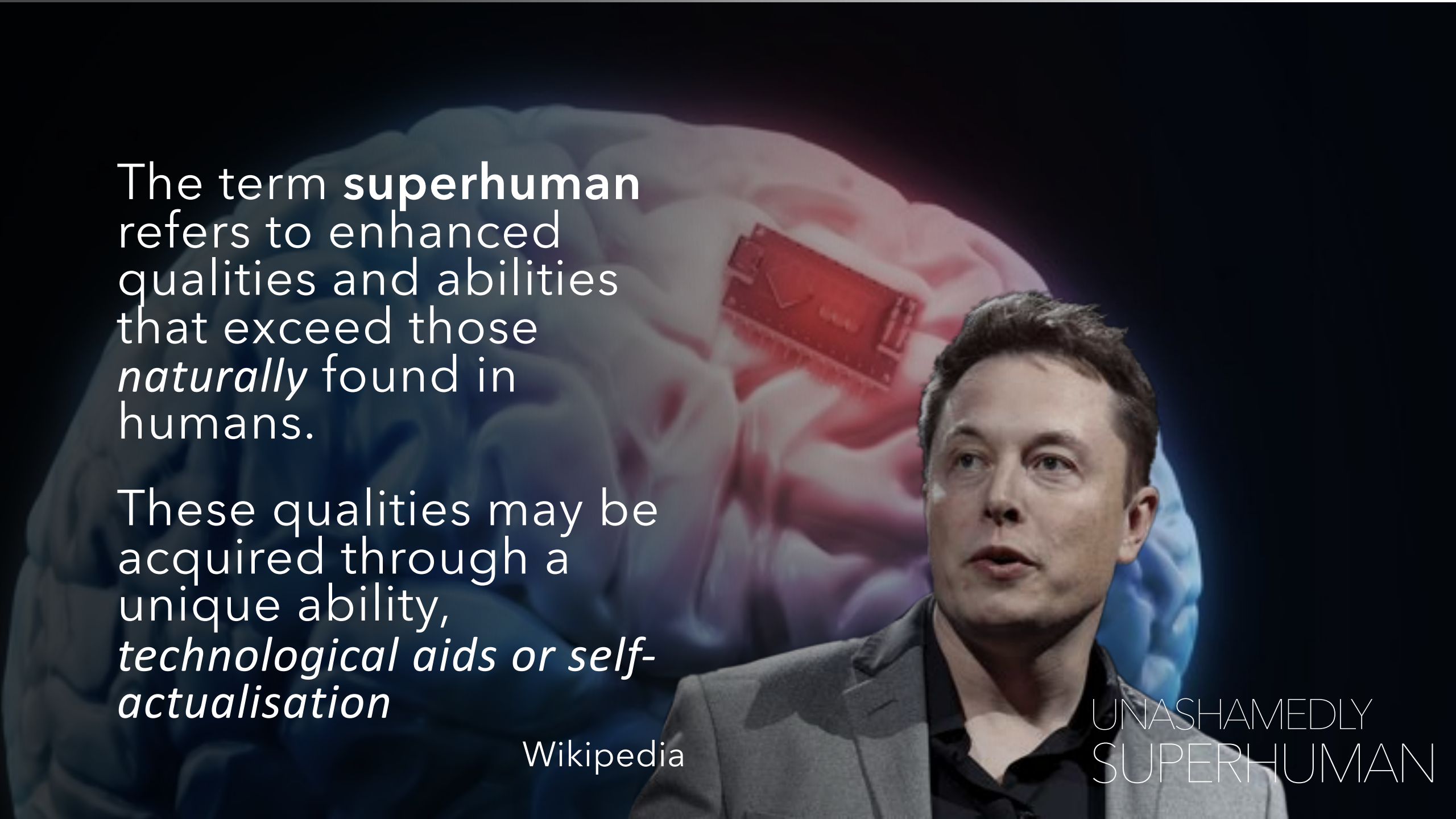
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Exploring your incredible potential



What's your superpower of choice?

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The term **superhuman** refers to enhanced qualities and abilities that exceed those *naturally* found in humans.

These qualities may be acquired through a unique ability, *technological aids or self-actualisation*

Wikipedia

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# Self-actualisation

The full realisation of one's potential



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How much are you tapping?



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# What enables us to perform at our best?

## Skill-sets

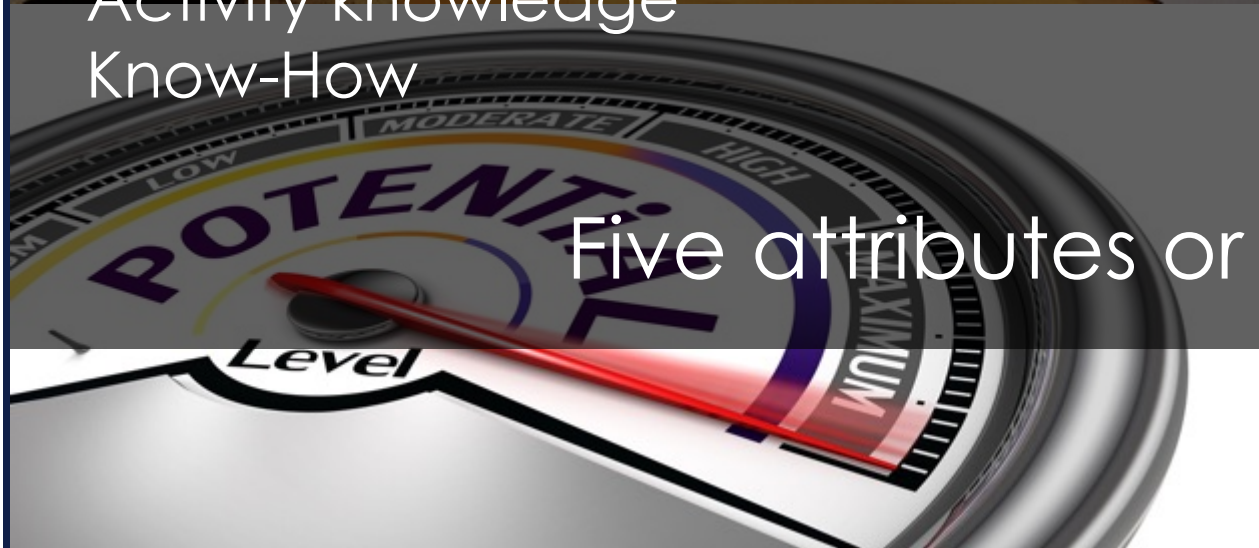
- e.g.
- Technical ability
- Activity knowledge
- Know-How



## Mind-sets

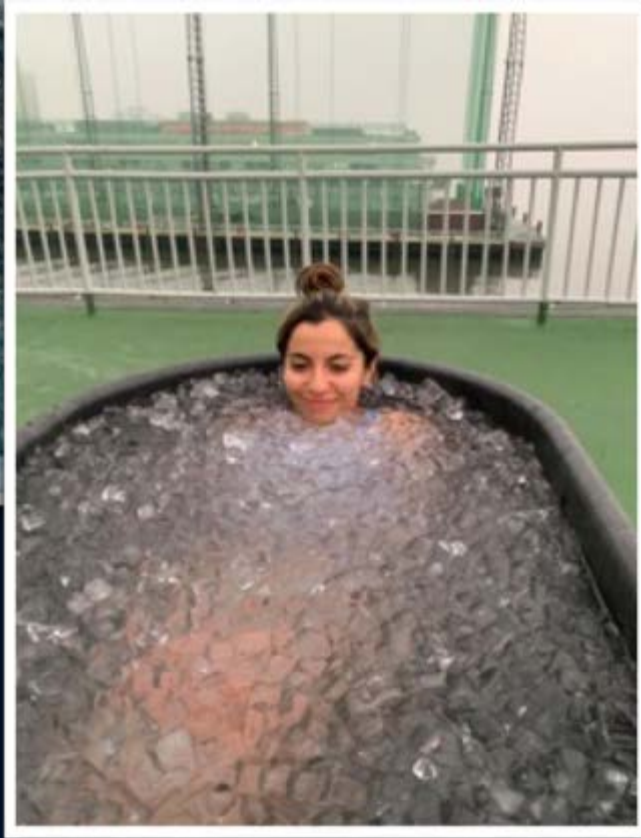
- e.g.
- Driven
- Flexible
- Confident
- Motivated
- Resilient

Five attributes or characteristics?



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What have you adapted to that has helped you to keep moving forward?



HOW did you adapt?

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*Verb: Become adjusted to new conditions.*



Accept  
Direct  
Activate  
Persist  
Tune in

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The EDGE!

WHY WOULD YOU PREFER TO BE HERE?



The party

Demanding Circumstances

Favorable Circumstances

The choke



The freight train

Mind-set

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Accept; the Adventure  
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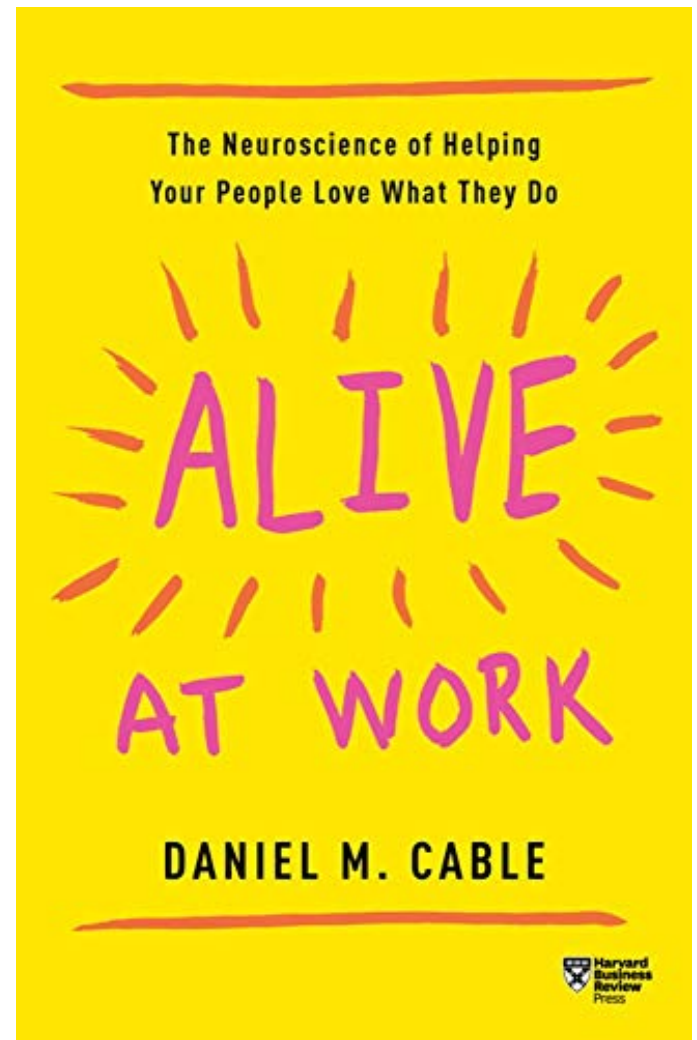
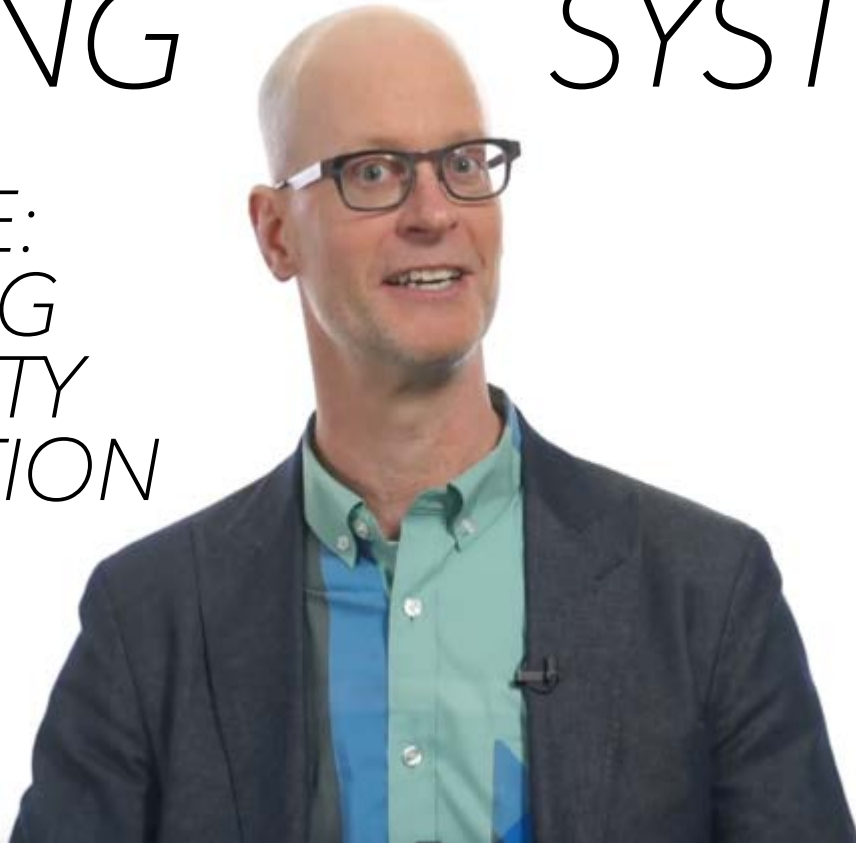
SEEKING  
SYSTEM  
SWITCHED  
ON.



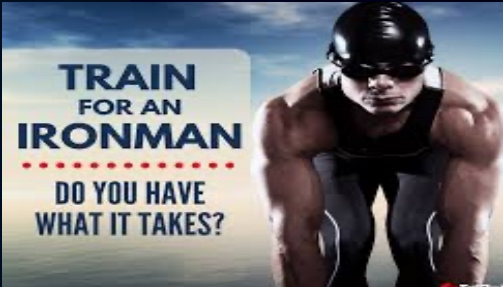
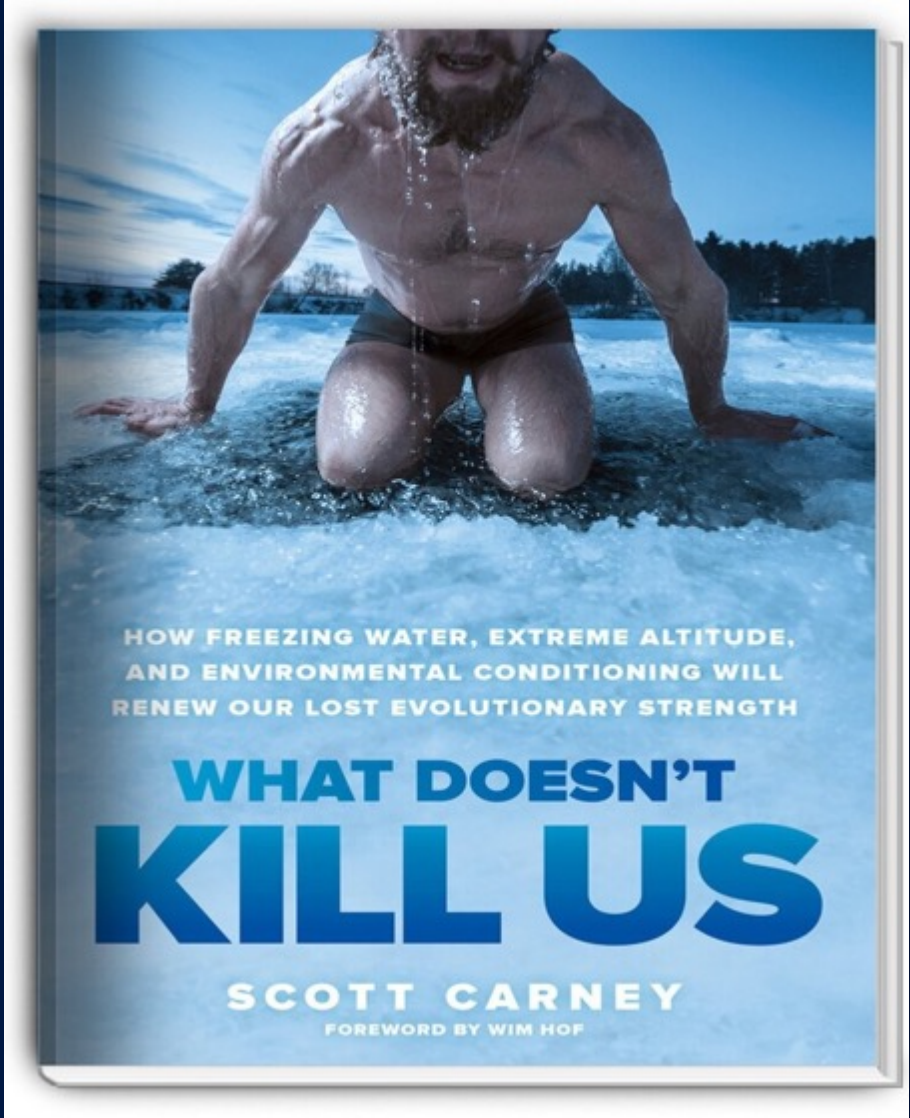
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ADVENTURES SWITCH ON OUR IN BUILT  
*SEEKING* SYSTEM

IMPROVE:  
LEARNING  
CREATIVITY  
MOTIVATION



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Direct; the Seeking System  
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# Adapting for the moments that matter

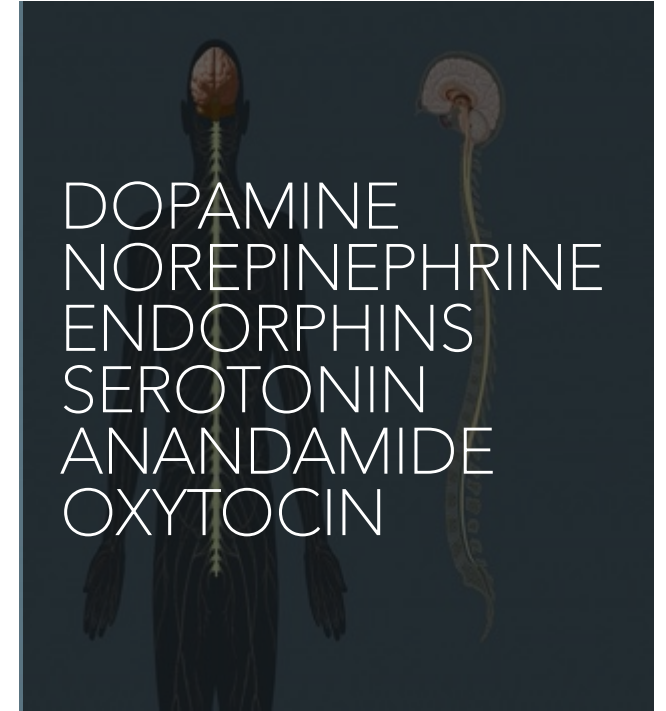


When under pressure we don't rise to the occasion, we fall to the level of our training!

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How the brain combines what you sense  
with how you feel, to determine what you do



Andrew D. Huberman  
Departments of Neurobiology & Ophthalmology  
*Stanford University School of Medicine*



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THREAT  
ADRENALINE  
CORTISOL



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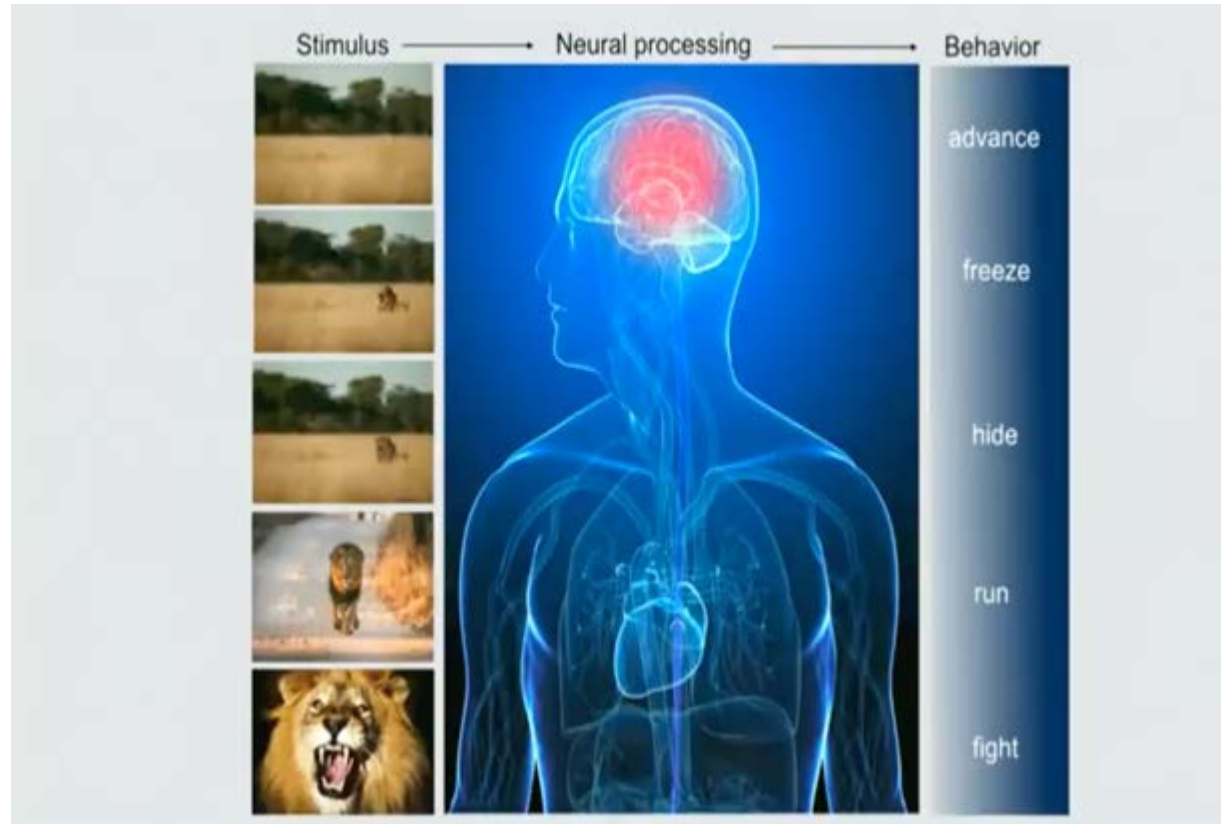


THREAT

ADRENALINE

CORTISOL

# THE ANS IS A FOCUSING MECHANISM



WE ARE DESIGNED  
WITH AN IN-BUILT  
CONTROL SYSTEM  
(A.N.S.)  
THAT CAN HELP US  
TO EITHER;

-RE-SET

-RE-CONDITION

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# a dapt

*Verb: Become adjusted to new conditions.*



Accept; the Adventure  
Direct; the Seeking System  
Activate; the A.N.S.  
Persist  
Tune in

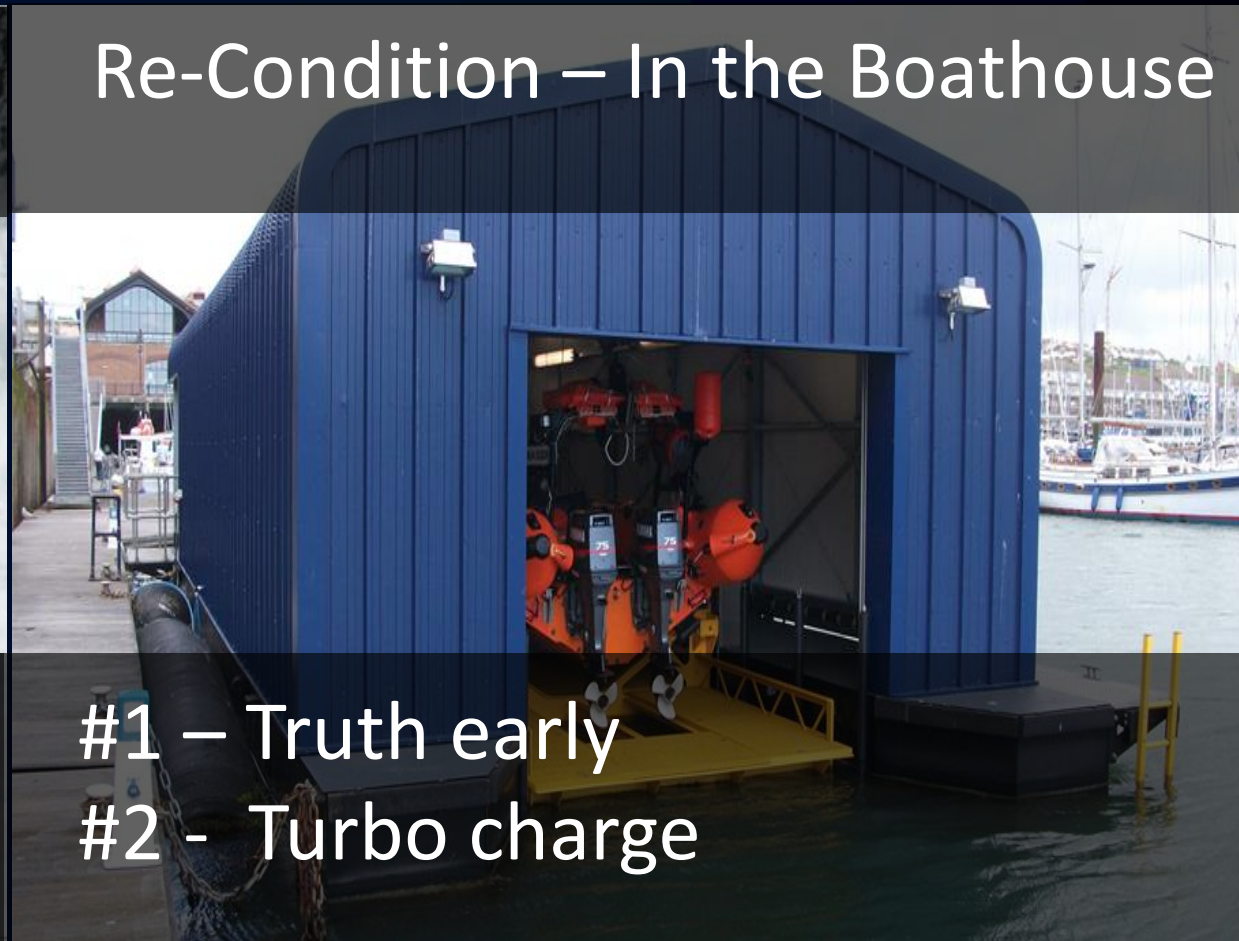
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## Re-Set – In the Boat



- #1 - 20:20 vision
- #2 - 'Team' talk

## Re-Condition – In the Boathouse



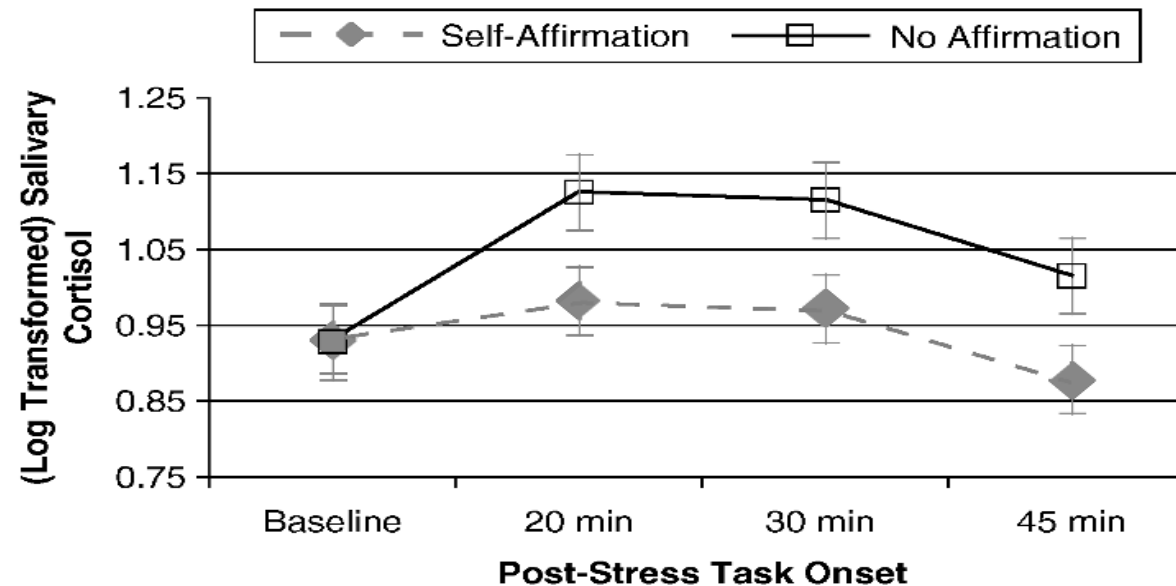
- #1 – Truth early
- #2 - Turbo charge

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Trier Social Stress Test (TSST) – involves telling subjects they will have to do a stressful speech task and mental arithmetic to deliberately create stress.

*David Creswell & David Sherman - Carnegie Mellon University | CMU · Department of Psychology*



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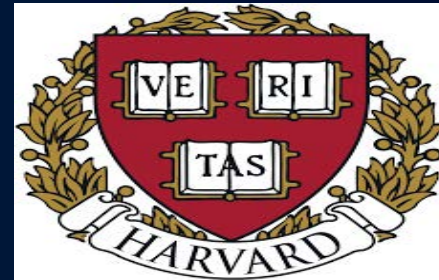
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# WIM HOF AKA *THE ICEMAN*

- Noted for his ability to withstand freezing temperatures
- 22 Guinness world records
- Swimming under a metre of ice - for 75 metres
- Run barefoot marathons on ice and in snow
- Climbed Everest and Kilimanjaro in just boots and shorts!



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Michigan state University  
Initially it was thought he was an unnaturally gifted individual but our conclusions are he has stumbled across a quirk in human physiology that dramatically impacts the ability to respond to demanding circumstances. Scientists are testing his techniques.

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I've taught these techniques to help teams adapt to high pressure situations.

Repeated daily, they improve focus, composure and they condition the ability to perform under pressure.

*Rich Deviney; Special Forces Senior Instructor  
Author 'Unbeatable Mind'*

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## WARNING: This is a game changer

- Boosts energy levels, improves physical endurance and mental clarity
- Regular practitioners develop a calm and confident response to all stress triggers
- You trick the brain into releasing adrenaline
- Because there is no 'actual' threat 'feel good' endorphins are released
- Re-sets the nervous system...and lasts for hours!

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*WARNING:  
This is a game changer!*

Sit in a comfortable and relaxed position.

Take 30-35 full and deep breaths.

After the last breath you breathe out, STOP and hold your breath

Wait until you feel the need to breathe back in

At that point, you'll take one big, deep breath in...and hold it in for 15 seconds.



[www.wimhofmethod.com](http://www.wimhofmethod.com)

<https://bit.ly/2ykZeZM>

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# Run the experiment

#1 - Re-frame the challenge into an ADEVENTURE

#2 - Boat: Team talk & 20:20 vision

#3 - Boathouse: Truth early & Turbo charge

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# a dapt

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Accept; the Adventure  
Direct; the Seeking System  
Activate; the A.N.S.  
Persist; Re-Set & Re-Condition  
Tune in; & Tune up

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HIGH PERFORMANCE & WELLBEING



# Dilys Price

88 years old

The Guinness World Record holder for the oldest female solo parachute jump.



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