

The Neuroscience of Peak Mental Performance Program

This workshop dives deep into the neuroscience behind peak mental performance, providing attendees with actionable strategies to enhance their cognitive abilities, boost productivity, and develop resilience. Through evidence-based exercises, attendees will learn to rewire their brains to reduce stress, improve focus, decision-making and optimise performance in both personal and professional settings.

Who is ideal target audience for this training program?

This workshop is ideal for business leaders, professionals and teams who seek to optimise their performance, decision-making, resilience, and well-being in high-pressure environments.

Why is this program valuable?

In today's digital age, individuals and teams face increasing challenges around focus, stress, and performance. Neuroscience offers insights into how to overcome these challenges by rewiring brain habits to achieve sustainable mental performance.

What can attendees expect?

Attendees can expect interactive exercises, scientific insights, and practical tools that can be immediately applied to improve their mental clarity, focus, and resilience. The workshop emphasises real-world application, ensuring long-term results.






What results can a client expect?

Participants can expect to experience increased mental clarity, improved focus and productivity, enhanced resilience, improved communications and a reduction in stress.

The 5 key attendee takeaways

- 1** Practical strategies to improve focus and productivity
- 2** Tools for managing stress and building resilience
- 3** Insights into the neuroscience behind performance
- 4** Actionable steps to maintain mental clarity
- 5** Techniques to enhance emotional regulation and decision-making

What are the key topics covered?

-  Introduction to Neuroscience and Peak Performance
-  Strategies for Cognitive Optimisation
-  Stress Management and Resilience Techniques
-  Tools for Enhancing Emotional Regulation
-  Practical Steps to Achieve Sustainable High Performance

What is the number of sessions? [over what period of time]?

The program typically involves 1-4 workshop sessions and 6x1-hour individual and or group coaching sessions within 90-days, depending on the client's goals.

Do you provide workshop/ training materials for the client?

Yes, clients receive workshop materials, including coaching reports, neuroscience-based exercises, and take-home strategies.

What models or frameworks do you use in your sessions?

Vannessa integrates the F.O.O.D. Framework™ and PRISM Brain Mapping in her programs, offering science-based approaches to mental performance and emotional regulation.

How do these models help in achieving client goals?

These models provide actionable insights into brain function, helping participants understand their cognitive strengths and areas for improvement. This knowledge supports the development of sustainable habits that enhance performance and well-being.

How do you measure the success of your workshop/ training sessions?

Success is measured by tracking attendee feedback, surveys, coaching reports measuring improvements in performance, and progress toward individual or team goals.

Each participant presents back their key learnings, insights, what worked, areas of focus, results and outcomes at the end of the 90-day coaching program.

This approach drives accountability, ensuring participants stay committed to their goals and achieve successful, measurable results.

Do you customise your program?

Yes, the program is fully customisable to address the specific needs to ensure relevance and maximum impact.

How does someone qualify for your training program?

Leaders, teams, or individuals looking to enhance their mental performance and resilience in demanding environments can join the program. A discovery call helps assess whether the training program fits the specific needs and desired outcomes.

Interested in this program?

Potential clients can contact Vanessa McCamley through her website or schedule a discovery call to ensure the program aligns with the specific needs and desired outcomes. [Click here](#) to book a 30 minute Strategy call.

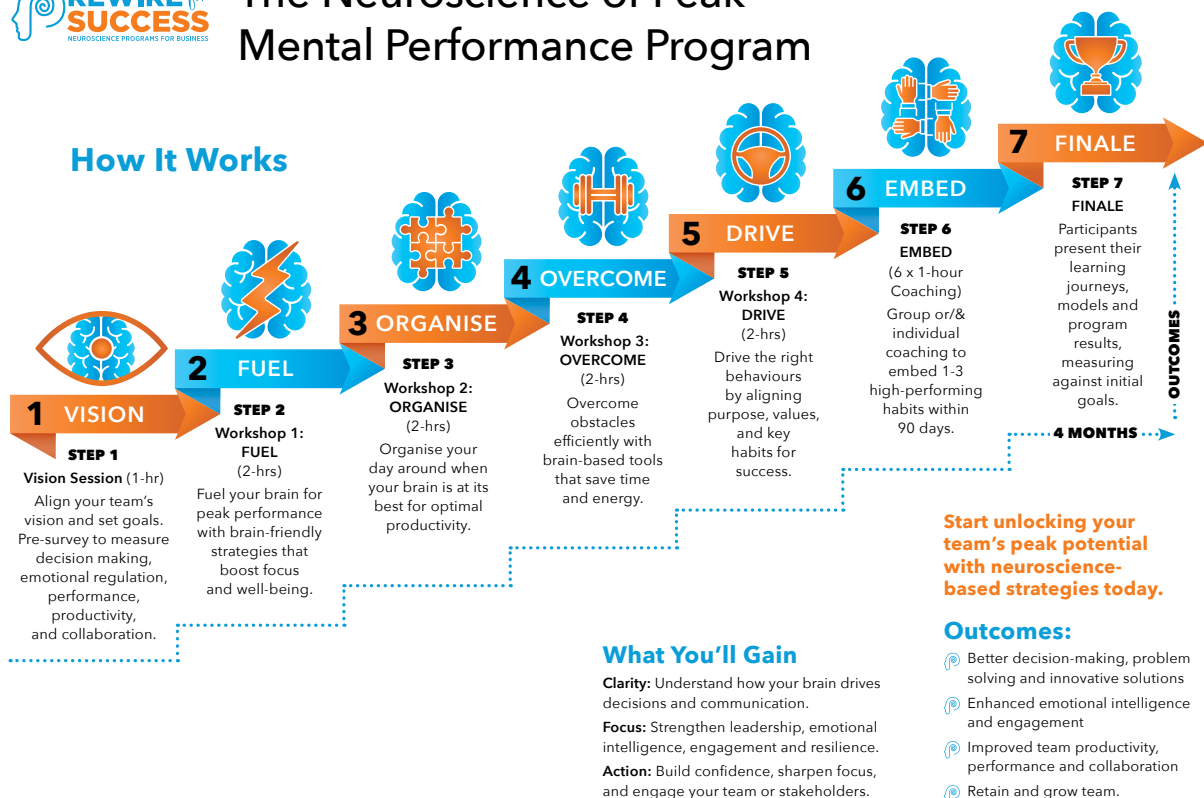
Why partner with Vanessa McCamley?

Vanessa McCamley is a renowned expert in leadership and neuroscience, with over 25 years of business and leadership experience in transforming individuals and teams through practical, science-backed strategies. Her training programs focus on actionable insights drawn from neuroscience to create real behaviour change that drives success in fast-paced, high-pressure environments.

Through engaging and interactive sessions, Vanessa equips professionals and leaders with the tools needed to enhance their decision-making, productivity, and emotional regulation. Her approachable style, coupled with deep expertise, helps attendees align personal growth with professional success, ensuring long-lasting results.



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Clients



Client Testimonials

“Committed, accountable and high energy are words that come to mind when thinking about Vanessa. With change occurring in our commercial leadership team I engaged Vanessa with an objective to increase collaboration, strengthen our focus and improve elements of wellbeing such as resilience.

I appreciated Vanessa's unwavering personal accountability, providing regular coaching reports, ensuring alignment at all times and importantly, holding myself and the team accountable throughout. It has been a pleasure to see the self-discovery and improved collaboration as a result of the neuroscience-based program. The 1:1 coaching has been, and continues to be a highlight, helping our leaders be targeted with their continuous improvement and ongoing impact.”

Prue Ashleigh HR Leader ANZ  GE HealthCare

“It has been an absolute pleasure to work with Vanessa over the last year. Her insights are profound, and she is generous with her time and knowledge. She has helped me articulate my unique strengths and create strategies to use them to best effect within our leadership team.

Vanessa's approach to coaching is structured and methodical but it's easy to connect with on a personal level.

I would recommend Vanessa for both individual and team engagements, as she is committed to finding strategies that resonate with each person she works with and keeps us all honest with the improvements we are striving to make!”

Elizabeth Peacock IT Business Demand Leader  Hearing Australia

“Our leadership team started with group workshops, looking at our different leadership styles and how to get the most out of our team. The program then progressed to 1:1 coaching which was very practical and hands-on helping me make physical changes to the way I do things on a daily, weekly, monthly basis to help me be more effective in the fast paced demanding environment of the corporate world today.

It was good to have someone hold me accountable to ensure change becomes an ingrained habit rather than just a once off activity.

Vanessa has great energy and is a pleasure to work with.”

Rachel Richards Ultrasound Commercial Leader  GE HealthCare

Client Testimonials

“ I highly recommend **REWIRE for SUCCESS** book and the Neuroscience of Peak Mental Performance Program to anyone considering how to improve their own performance or that of their professional contingent. Like many remote employees, having less direct connection to my colleagues and stakeholders, I certainly found myself “adrift” in purpose and effectiveness.

The book, workshops and coaching program provided me with the models and structure to make incremental and sustainable changes to get the best out of myself. As a result I have an improved mindset and grown in confidence both professionally and personally. ”

Matthew Meere Senior Advisor - Air Quality & Climate Strategy **GLENCORE**

“ Vannessa very quickly opened my eyes to the process of developing peak performance habits through neuroplasticity. We started with a few specific goals and gradually built towards these during a 90-day coaching program. I am extremely impressed by Vannessa’s brain friendly bite size approach to helping me to achieve my goals, so much so that I feel that developing peak performance habits has itself become a habit.

The dopamine hits from achieving results in new ways is an amazing experience. In the past I have invested heavily in technical skills and have now achieved my goal within 90-days and embedded high performing habits that I utilise daily to improve the way I engage others, manage stress and respond to conflict situations with more ease and confidence. It was a worthwhile investment and I’m proud of my ability to learn, grow and adapt even when I am flat out with work projects. ”

Daniel Smith CISO & CTO  **Hearing Australia**

“ Partnering with Vannessa has provided valuable leadership and performance insights for me and team to drive the business forward towards our vision.

The insightful brain friendly questions and PRISM profiles have allowed me time to reflect, explore, plan and make informed decisions on how to move the business and leadership team forward.

It was important to me as a leader to invest, develop and support my leadership team with brain friendly, evidence-based models, behavioural profiling and coaching to help them to achieve their behavioural goal and embed their core learnings from the workshops. I strongly recommend working with Vannessa and her book **REWIRE for SUCCESS**. ”

Craig Tucker CIO Disability Support Services **yooralila**