



SUSTAINABLE HIGH PERFORMANCE: Achieving Excellence Without Compromising Wellbeing

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS WEBINAR:

High performance is often associated with qualities such as resilience, discipline, focus, and relentless commitment—but without balance, these same traits contributing to success can heighten the risk of stress, fatigue, and burnout.

Drawing on research and applied experience in elite sport and performance environments, this session explores the psychology of high performance—how embracing challenge, discomfort and pressure drives growth, and how the very traits behind success can, without self-awareness and regulation, hinder progress.

ATTENDEES WILL LEARN:

- How to navigate pressure more effectively
- Ways to balance effort with recovery
- Practical tips and tools to protect your wellbeing, while continuing to perform at a high level

