

Discover the secret
to consistent,
injury free, powerful
performances.



Sport

★ PROGRAM



Are your energy levels and recovery time suffering? Is your mindset limiting your physical progression? Do you wish you could free yourself from the negative thought patterns stopping you from reaching your true potential?

The Quality Mind Sport Program is a five-step approach tailored to your needs by your personal Mind Mentor™. With their support in the Quality Mind app, you'll learn practical mental tools designed to align your mind, body and soul – all so you can reach your true potential.

How & why it works

We use tried-and-tested strategies specifically for athletes

In over two decades, our founder Richard Maloney has helped 32 sporting teams win championships, 100+ athletes and six elite Australian sports organizations conquer their demons. Our program is best-in-class mental development for high-performance athletes.

You have access to personalized mentorship

We give you access to a personal Mind Mentor™, either face to face or online, to help implement our proven mental tools.

You pick the milestones

Whether it's success in sport, beating your personal best or simply improving your overall fitness, you set the targets. We'll create a trackable plan to get you there both mentally and physically.

We offer visible goals and accountability

Our Quality Mind App is designed to map out your masterplan and monitor your progress. That means both your app and your Mind Mentor™ will keep you on track - even on the days when you're not at your best.

There's a maintenance program

Getting your head straight is one thing, but keeping it there requires ongoing effort. We offer a maintenance program that ensures steady physical improvement long after you've completed the more intensive programs.

Behind Quality Mind

At 18, our founder Richard Maloney was unable to overcome his own emotional roadblocks – and it cost him his career in professional football. It was this loss that kick-started his journey cultivating the mental tools to effectively help people push through their fears, thought patterns and emotional ruts.

Quality Mind's model is a blend of:

- ▶ Neuroscience
- ▶ Positive Psychology
- ▶ HeartMath Technology
- ▶ Neuro Linguistic Programming (NLP)
- ▶ Ancient Philosophies





Sport

PROGRAM

Junior Athletes

Developing Mental Foundations

Planning to push yourself towards physical improvement is simple. But implementation is another story. Your mind doesn't always back your goals – even if they're as clear as day. This program will help you realign your thoughts and motivations with your current aspirations. (12-16 years)

Aspiring Elite Athletes

Prepare mentally for Elite

When you're trying to reach the next level, pushing your body to new limits, it can be frustrating if your mind isn't pulling its weight. This program will help you identify and remove negative thought patterns or limiting beliefs that are holding you back from upping your game. Helping you design and create your elite sporting dreams. (16+ years)

Elite Athletes

Excelling and Dominating

How do you stay focused, motivated and injury-free under such high levels of pressure in elite sport? You have to use every tool at your disposal – most importantly your mind. Quality Mind is designed to give you the tools you need to manage your stress on a day-to-day basis and align your thoughts with your objectives rather than your anxieties.

Quality Mind is designed to help you:

- ▶ Eliminate thoughts that clutter your focus
- ▶ Identify and overcome roadblocks limiting performance
- ▶ Manage thought patterns to support your goals
- ▶ Gain emotional clarity
- ▶ Enhance mental energy
- ▶ Achieve higher levels of physicality
- ▶ Consistently build towards a stronger, healthier body and mind
- ▶ Reduce or eliminate risk of injury
- ▶ Rest effectively, mind and body
- ▶ Fast-track recovery from current injuries
- ▶ Remove anxiety
- ▶ Manage pressure

3 of our most popular packages

Workshops

INTRODUCTION TO MINDFULNESS:

Discover the fundamentals of building a Quality Mind, including how to get started and why it can help you.

INJURY FREE: Reduce and eliminate injuries through mental exercises and proven mindfulness techniques. Recover faster and stay fit for longer.

CONSISTENT PERFORMANCE:

Deliver your best every time you step out onto the field. Eradicate underlying fears and make first-class performance a habit.

STRESS MANAGEMENT: Learn how best to deal with the pressures of elite sport and high-stress situations. Declutter your mind and find calm in the storm.

LEADERSHIP: Unlock your leadership potential with psychological triggers and confidence tactics. Develop the skills needed to stand up and be counted.

Crews

CONNECT CREW: A 3-6 month program with between 5 and 15 participants. You'll have full access to the Quality Mind App and our Quality Mind community, including bespoke support from your Mind Mentor through the app and on live webinars.

POWER CREW: A month-by-month program with up to 100 participants. Weekly sessions will focus on themes around performing to your potential and coping with setbacks.

STAY CONNECTED CREW:

A personal, online program designed to support you after you've completed the Connect Crew or the Power Crew. It's the best way to keep yourself on track in building your Quality Mind.

Tailored Programs

Powerful and personal development plans tailored to you. You'll tap into Richard's priceless experience through your Mind Mentor™ with one to one support, as well as gain access to a collection of webinars, workshops and your Quality Mind app.

Dream it, Live it



Does the happiness and success of others play a bit part in your life? Do you want to stay connected to the sport you love – but aren't sure how?

Here's how you can do exactly that by being a licensed Mind Mentor™. Live and breathe the Quality Mind program for at least three months and you'll be eligible to apply.

Our client reviews

"I needed to come at my issues from a different angle because everything else just wasn't working... After the first month I could see that I was changing and there was a way out of the hole I'd dug for myself. Now I'm playing some of the best footy of my career."

EASTON WOOD, AUSTRALIAN RULES FOOTBALL ATHLETE

"The Quality Mind program has been a complete game changer for my footy. Starting the program back in 2013 when I was injured for the year, the following year I played 22 games out of 22, something I'd never been able to do before. It saved my career!"

SHAUN HIGGINS, AUSTRALIAN RULES FOOTBALL ATHLETE

"I can see colleagues and athletes around me crumbling under the pressure. I can relate, if I hadn't been on this journey and grasped this program, I would definitely be in the situation they are. Quality Mind has changed my life, it is turning my dreams into reality."

DR TIARNA ERNST, OBSTETRICS & GYNAECOLOGY, WOMENS AUSTRALIAN RULES FOOTBALL ATHLETE

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