

# JOANNE LOVE



  
PROACTIVE  
PERFORMANCE  
AUSTRALIA



about

Joanne

## JOANNE LOVE

Behavioural & Mindset Performance Expert

Joanne is a high-performance expert and advisor with over 25 years in sport, education and business leaders. Joanne's areas of expertise focus on mental wellbeing, improved performance and coping strategies.

Joanne is passionate about helping others realise their full potential through the implementation of psychology and neuroscience. Joanne believes that positive mental health can be maintained through a well-planned preventative approach. Joanne has worked with Athletes, Schools, and Business Executives to achieve impressive outcomes. These include Olympic potentials who have gone on to achieve high-level success, including Olympic Gold and World Championship titles.

Joanne represented Australia at the Beijing 2008 as an Olympic Swim coach. She is a Board Director for Ascta and consults for Swimming Australia. Joanne has successfully delivered her groundbreaking programs and educational seminars in Australia and Internationally. Joanne has worked for the Australian High Commission, numerous private schools, international sporting organisations and individual Olympic champions.







# Workshops:

Joanne's workshops target 16-24 year old students and young professionals that are looking for their first jobs, trying to achieve certain goals, and are struggling to know what they truly want out of life.



## Workshop 1

### RESILIENT MIND, POWERFUL YOU!

Our youth are drowning in a turbulent sea of many choices, a fast pace life, and information overload but few can navigate these waters without generating strong emotions – emotions our youth struggle to control.

To grow, extend and get the best out of themselves, they must be able to deal with these!

To help teenagers on their life journey, our program includes:

#### Self Architecture

- Create better performance by exploring your internal and external subconscious triggers
- Identify your strengths and qualities to promote confidence.
- Enrich your Power range

#### Connection

- Radiate belonging.
- Strengthen your ability to influence others.
- Build a high performing team, by motivating and inspiring those around you.

#### Resilience

People who have a clear purpose and direction for their lives, find it much easier to pick themselves up, dust themselves off and keep moving forward. It's much harder to be defeated when you are passionate and purposeful about your journey.

Learn the new science of resilience to bounce back in challenging times by understanding perspective, confidence and determination.



## Workshop 2

# ENGINEERING SUCCESS

Creating Strong and Dynamic Leaders

### Influential and Innovative Leadership

Learn how to form persuasive and engaging direction to engage your staff, through improved delivery of your message and purpose.

### Achieve Success From Those Difficult Conversations

We will discuss and teach you how to apply models for dealing with difficult conversations of customers and staff. Learn communication tools that will increase your effectiveness to alleviate tension. Including the ability to maintain a positive state whilst, listening, responding and questioning.

### Creating Team Culture That Drives Customer Service

Teams are increasingly motivated by a sense of purpose, meaning and to making a positive experience for others. A key challenge for business is how to excite this motivation whilst also delivering value to its end-user.



## Workshop 3

# 7 STEPS TO ACHIEVING YOUR GOALS

How to Set and Accomplish Big Goals

- **Create awareness of your current position** - Let's start with your current goal setting process, how good are your goals?
- **Build a strong emotional connection to your goals** - Current methodologies miss an person's innate emotional connection to their innermost desires. A strong emotional connection helps to protect your mindset and future positive well being.
- **Build your road map for the future**



## Workshop 4

# THINKING POSITIVE LEADERSHIP

(1 Hour Workshop)

- **Define leadership and what it means to make positive change** (Shift from good to great while still understanding different perspectives and the need for empathy).
- **Identify and reflect on an opportunity to practice making positive change in your own lives** (foster confidence and move beyond the comfort zone).
- **Develop a positive change initiative and learn how to best promote the ideas** (Optimise the capture and delivery of the concept to get greater buy-in).



# testimonials



“Being personally involved in Education and a mother, I see the value in Joanne’s teachings. Joanne’s programs are always engaging and thought provoking. She brings a combination of knowledge and inspiration to promote each person’s individual abilities...As parents, we have taken away valuable information to assist our children. I would encourage everyone to participate in one of Joanne’s workshops, as her knowledge on fostering our children’s education and well-being is unsurpassed”.

## **REBEKAH TAYLOR**

***Communications VSN Operations Team  
Victorian Curriculum and Assessment Authority***



“ ... strong business acumen is evident in every project she undertakes ... clear thinking and measured responses ... deals with difficult situations with ease, delivering good outcomes ... has a talent for motivating and helping others to obtain clarity ...” (Extract from testimonial)

## **SUSAN SMITH**

***Chief ATC & SA, 2019***





*Get In Touch*



**JOANNE LOVE**

**THE POWER OF YOU. TAKEN FURTHER!**



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