



MICHELLE FLYNN

Performance risk reduction in high-pressure environments

Michelle delivers practical sessions so high-performers stay mentally sharp, emotionally regulated and physically energised in high-pressure environments.

Business success doesn't have to come at the cost of health, retention or culture.

Health

- Sleep & Recovery for Performance
- Stress & Burnout Prevention
- Nutrition for Energy & Focus
- Perimenopause & Menopause in the Workplace
- Breathwork for Regulation & Recovery

Wellbeing

- Resilience in High-Pressure Environments
- Happiness & Sustainable Success
- Life Audit & Personal Alignment
- Core Values & Decision-Making
- Habits That Drive Long-Term Change

Mindset & Performance

- Finding your Mojo
- Changing your Mindset
- Overcoming Self-Doubt & Imposter Syndrome
- Flow State & Peak Performance Breathwork
- Time Management for Capacity, Not Busyness
- Cognitive Behavioural Techniques for Clarity

Leadership & Culture

- Supporting ADHD in the Workplace
- Leader Energy & Boundaries (Oxygen Mask First)
- Goal Setting for Teams & Organisations

**Sessions can be delivered in-person or virtually,
and booked as a standalone talk or a structured series.**



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Full Catalogue

HEALTH

Stress Management

This session explains what stress actually is, why it has become a modern health epidemic, and how it affects the brain, body and behaviour. Participants learn practical, realistic techniques to regulate stress in real time not just after work.

Outcomes:

- Improved emotional control
- Increased resilience under pressure
- Practical stress regulation tools

What is Burnout?

This session breaks down the difference between stress and burnout, early warning signs, and how chronic pressure impacts performance and health. The focus is on prevention, boundaries and system design rather than willpower.

Outcomes:

- Early identification of burnout risk
- Leadership strategies for sustainable performance
- Practical prevention framework

Sleep & Recovery for Performance

This session explores why sleep is one of the strongest predictors of decision-making, emotional regulation and long-term health. Participants learn how stress, light, caffeine and nervous system activation affect sleep quality, alongside practical tools to improve both quantity and depth of rest.

Outcomes:

- Better energy and focus at work
- Reduced burnout risk
- Simple routines for high-pressure lifestyles



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You Are What You Eat

This talk cuts through conflicting nutrition advice to explain how food affects energy, focus and mood. It focuses on simple, realistic food choices that support performance without complexity or extreme diets.

Outcomes:

- Better energy consistency
- Improved mental clarity
- Practical, affordable nutrition strategies

Perimenopause & Menopause in the Workplace

This session explains what perimenopause and menopause are, common symptoms, and how they affect confidence, performance and wellbeing at work. It is designed for leaders, HR and mixed-gender teams to build awareness and practical support systems.

Outcomes:

- Increased understanding and empathy
- Practical workplace adjustments
- Improved retention and wellbeing

Immersive Breathwork

A science-led, experience-based session using guided breathing and music to help teams regulate stress, improve focus and reset the nervous system. This session allows participants to feel the impact of breathwork rather than just learn about it.

Outcomes:

- Reduced stress and mental fatigue
- Improved emotional regulation
- Increased clarity and energy

WELLBEING

Building Resilience

This session explores why resilience is essential in modern work environments and how it can be built through daily habits, boundaries and mindset shifts. Participants leave with a practical framework for sustaining performance during change and pressure.

Outcomes:

- Stronger stress tolerance
- Improved adaptability
- Practical resilience habits



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The Pursuit of Happiness

This talk explores what we think makes us happy, how the brain often misleads us, and what actually supports long-term fulfilment and wellbeing. It focuses on sustainable success rather than short-term achievement.

Outcomes:

- Improved life satisfaction
- Better decision-making
- Stronger personal alignment

A Life Audit

A highly practical session where participants assess multiple areas of life and work to identify imbalance and hidden stress points. The session creates clarity around what to maintain, change and prioritise.

Outcomes:

- Increased self-awareness
- Clear action priorities
- Improved work-life alignment

Discovering Your Core Values

This session helps participants identify the values that drive their behaviour, decisions and motivation. It focuses on aligning work and life choices with what matters most.

Outcomes:

- Clearer decision-making
- Increased motivation
- Stronger personal leadership

Change Your Habits, Change Your Life

This session explains how habits are formed, why willpower fails, and how to build systems that support lasting behaviour change.

Outcomes:

- Improved consistency
- Better performance routines
- Sustainable behaviour change



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MINDSET & PERFORMANCE

Finding Your Mojo

This session focuses on helping people reconnect with what drives them, so they can sustain motivation, clarity and performance under pressure. Participants explore what fuels their energy, what drains it, and how to design their workday and goals around what truly matters.

Outcomes:

- Renewed motivation and focus
- Clear personal and professional direction
- Greater resilience and momentum under pressure

Changing Your Mindset

This session focuses on how thinking patterns shape performance, confidence and results in fast-paced, high-expectation environments. Participants learn to identify limiting beliefs, reframe challenges, and apply practical tools that build a consistent “can-do” approach to work and life.

Outcomes:

- Stronger decision-making under pressure
- Increased confidence and ownership
- A practical framework for turning challenges into action

Overcoming Self-Doubt

This session explores how self-doubt limits performance and growth. Participants learn a structured framework to build confidence and take action despite uncertainty.

Outcomes:

- Increased self-belief
- Improved decision confidence
- Practical mental tools

Imposter Syndrome

This session explains why imposter syndrome is common among high performers and introduces practical CBT-based techniques to challenge unhelpful thinking patterns.

Outcomes:

- Reduced anxiety
- Improved self-trust
- Stronger professional confidence



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Time Management: Capacity, Not Busyness

This session reframes time management as energy and attention management. Participants learn how to identify hidden time drains and build systems that protect focus and recovery.

Outcomes:

- Increased productivity
- Reduced overload
- Clear prioritisation systems

Change How You Feel by Changing How You Think (CBT)

A practical introduction to Cognitive Behavioural Therapy techniques that help participants recognise, challenge and reshape unhelpful thought patterns.

Outcomes:

- Improved emotional regulation
- Better stress management
- Practical coping strategies

Unlocking Peak Performance Through Flow State

This session explains the science of flow state and why it enhances motivation, creativity and decision-making. Participants are guided into flow using breathwork and focused reflection.

Outcomes:

- Improved focus
- Increased creativity
- Enhanced performance under pressure

LEADERSHIP & CULTURE

Supporting ADHD in the Workplace

This session highlights how ADHD shows up at work, the strengths neurodiverse employees bring, and the systems that help them thrive. Leaders and HR teams learn practical, low-cost adjustments that improve clarity, productivity and retention.

Outcomes:

- Improved inclusion
- Reduced performance friction
- Stronger leadership capability



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For Leaders: Put Your Oxygen Mask on First

This session focuses on leadership energy management. Leaders explore how their physical, mental and emotional state directly impacts team performance and culture.

Outcomes:

- Improved leadership presence
- Stronger boundaries
- Sustainable performance

Goal Setting for Teams

A structured workshop that helps teams set meaningful goals across work, health and life. The session focuses on alignment, accountability and motivation.

Outcomes:

- Clear team direction
- Improved engagement
- Stronger accountability

To discuss running any of these workshops and seminars in your business, please contact me to set up a discussion so that, together, we can make sure we find the right topics to get the most out of your event.

[Click here to book a time to chat](#)