

SCHOOL KEYNOTE + INTERACTIVE WORKSHOP

MINDSET TRAINING FOR LIFE

A practical school experience that helps students understand how their minds work, and gives them tools to respond to self-doubt, pressure and emotion with greater intention.

KEYNOTE + INTERACTIVE WORKSHOP + PERSONAL WORKBOOK



WE TELL YOUNG PEOPLE TO BE CONFIDENT AND RESILIENT. BUT DO WE TEACH THEM HOW?

Students are navigating expectations, comparison, uncertainty, relationships, decisions and pressure. They do not need to be told to stop overthinking or simply believe in themselves. They need to understand what their mind is doing and know how to respond when fear, doubt or emotion begins to drive their choices. Mindset Training for Life makes those skills practical.

This is not about positive thinking or removing fear. It is about learning to notice where the mind goes, shift focus and take an intentional next step, even when everything does not feel settled.

THE KEYNOTE

Australian Olympian and Performance Mindset Coach Nat Burton shares the reality behind an Olympic career - the dream, self-doubt, pressure, setbacks, and what one of her most difficult sporting moments taught her about failure, identity and self-worth.

THE INTERACTIVE WORKSHOP

Students apply the ideas to their own lives through guided reflection, discussion and practical activities. They examine their patterns, identify how they want to respond, and develop tools they can use beyond the session.

THE PERSONAL WORKBOOK

Every student completes and keeps a Mindset Training for Life workbook containing their personal reflections, a personal goal, supporting habits, a Confidence Cue and a Reset Action

STUDENTS LEAVE WITH

- Greater awareness of how their focus, thoughts and emotions influence their actions
- A clearer understanding of their fear and self-doubt patterns
- A personal goal supported by practical actions and habits
- A Confidence Cue for pressured moments
- A Reset Action for emotionally charged moments
- A completed workbook they can continue using

WORKSHOP DETAILS

RECOMMENDED DURATION

100–120 minutes — one extended block or two consecutive timetable periods. Split delivery can also be arranged.

YEAR LEVELS

Best suited to Years 9–12, adaptable for Years 7–8

GROUP SIZE

Flexible - from a single class to a full year cohort

SUITED TO

Wellbeing and Challenge Days, leadership programs, student development, transition and orientation, pre-exam periods, careers and pathways, and school sporting cohorts

INCLUDED

Planning conversation, keynote, facilitated workshop and one printed workbook per student

ABOUT NAT BURTON

Nat Burton is an Australian Olympian, Performance Mindset Coach and founder of Enriched Athletes. Across a 25-year basketball journey - NCAA Division I college, professional leagues in Australia and Europe, and four years with the Australian Opals - she won bronze at the 2014 World Championships and competed at the Rio 2016 Olympics. Nat now helps students, athletes and teams approach pressure and challenges with greater awareness and intention.

GIVE STUDENTS TOOLS THEY CAN RETURN TO
To discuss your year group, school context and preferred format, get in touch.