



# EMMA MURRAY

## THE MINDSET MASTER





**‘LIFE CHANGING’**  
**‘THOUGHT-  
PROVOKING’**  
**‘PROFOUND’**  
**‘RELATABLE’**  
**‘DOWN TO EARTH’**  
**‘ONE OF A KIND’**

# EMMA MURRAY

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**Emma Murray is renowned as Australia's leading high performance mind coach and is the founder of High Performance Mindfulness - a practice she has used to guide many notable athletes to greatness. She is considered the 'secret weapon' behind Richmond Football Club's three most recent AFL premierships, Oscar Piastri's rise to F1 fame, Cate Campbell's Olympic come-back in Tokyo, Scott McLaughlin's motorsport domination and Will Pucovski's Test Cricket debut.**

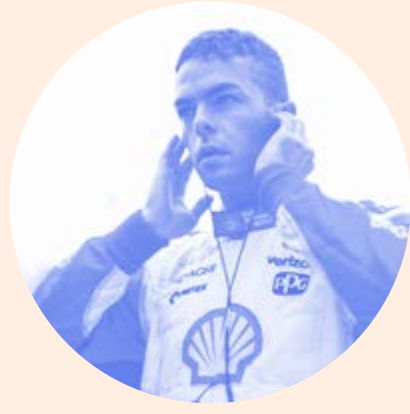
Emma's work has not only been pivotal in the winning performances on the world and Olympic stage by some of Australia's best-known athletes, she has been instrumental in transforming the way leading Australian organisations approach high performance.

Emma's practice is grounded in the science and art of mindfulness and high performance psychology and tried and tested in real life. And not just the lives of Emma's athletes, but her own life, amid the tragedy of her teenage son's spinal cord injury – and her family's story of survival through the use of mindfulness, acceptance and determination.

Emma has over 20 years' experience and qualifications in psychology (undergrad), mindfulness, and a number of psychotherapy modalities - all leading to the creation of her High Performance Mindfulness practice which equips individuals with the skills to deliver best performance execution through advanced present moment awareness improved emotional regulation and enhanced focus.

Emma's keynote brings to life her High Performance Mindfulness framework in a way that enables participants to immediately apply the tools amid the rigours and pressures of business and life - with a focus on how to recognise and overcome the unhelpful 'self-talk' that can strip us of our strengths when we need them most.

Emma's workshop dives deeper and introduces participants to the HPM concepts of 'A-Game' and 'B-Game'. The workshop outlines the science of our mind and the wiring that keeps us trapped in our B-Game and steps through how to 'hack' this wiring so that we can show up to key performance moments with our best strengths and focus to best execute our process.



## ‘EMMA’S PROGRAM IS THE HOLY GRAIL’

“Emma Murray’s High Performance Mindfulness Program is the holy grail when it comes to a performance and mindset program to help businesses and team members harness their drive and ability to perform at their best.

Emma’s energy, story and swag of practical tools are such an inspiration to us to help us understand and bring our ‘A-Game’ to everything we do, professionally and personally. This has changed the way we operate as a business and how we engage with each other in a truly positive and enduring way.”

**REBECCA SMITH**  
MANAGER, CAPABILITY + PERFORMANCE  
SWISSE WELLNESS PTY LTD

Swisse

## ‘IT LEFT A LASTING IMPRESSION ON OUR TEAMS’

“Emma’s ability to deliver complex methodology in an extremely practical and tangible way left a lasting impression on our teams. Her skill in connecting with people and using language that ‘stuck’ combined with providing relevant day-to-day tools and practices had a hugely positive impact on everyone involved.

The HPM program has helped us better understand how our mind works and enable our people to spend more time in their ‘A-Game’ where they perform at their best more consistently.”

**MATT SALLMANN**  
GLOBAL GENERAL MANAGER - SALES ENABLEMENT  
XERO

xero

## ‘EMMA HAS HAD A SIGNIFICANT IMPACT’

“We invest in young high growth companies and the work I have done with Emma has had a significant impact on me and our business more broadly. Understanding how the mind works has empowered me to focus more on the things I can control and as a result be better mentally prepared for important situations - leading to better decisions and business outcomes.”

**PAUL BASSET**  
CO FOUNDER  
SQUARE PEG

Square Peg 

**KEY THEMES:**

- ▷ **PERFORMANCE**
- ▷ **MINDSET**
- ▷ **TEAMWORK**
- ▷ **SPORT**
- ▷ **MINDFULNESS**
- ▷ **RESILIENCE**
- ▷ **GRIEF & LOSS**
- ▷ **FAMILY**

**ONE FOCUS**



# SPEAKING FEES

## MELBOURNE

**\$14,500 + GST**

1hr Keynote

**\$17,500 + GST**

1hr Keynote + 2.0hr Workshop = ½ Day

## SYDNEY / BRISBANE / REGIONAL VICTORIA

**\$17,500 + GST**

1hr Keynote

**\$20,500 + GST**

1hr Keynote + 2.0hr Workshop = ½ Day

## PERTH & REMOTE

**\$20,000 + GST**

1hr Keynote

**\$23,000 + GST**

1hr Keynote + 2.0hr Workshop = ½ Day

Travel and accomodation costs additional



# EXTENDING THE EXPERIENCE

Whether you choose a single keynote from Emma or a strategic partnership, our aim is to help you to drive sustainable changes in the mindset and performance of your teams.

We offer a range of supporting tools and digital resources to ensure the impact lasts long after Emma's initial keynote - helping to develop the micro-habits that drive A-Game performance.



## EXTENDING THE EXPERIENCE

### A GAME JOURNAL



In Emma's workshops, she shares her top A-Game habits for best performance. One of them is journaling because it promotes powerful reflection and advanced self-awareness – key tenants of mastering and controlling our mindset.

The High Performance Mindfulness A-Game Journal is an tangible takeaway from Emma's sessions and a daily reminder of the key concepts.

**Cost:**  
\$24.95 per person

### DIGITAL TOOL KIT



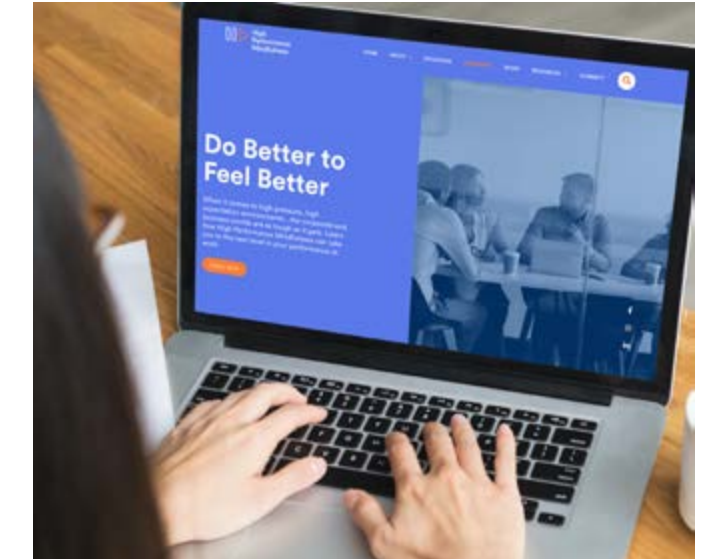
The HPM digital tool kit is a powerful way to harness the energy and motivation that participants feel after attending one of Emma's sessions because it supports the development of important micro-habits such as breathwork and visualisation.

The tool kit is an 'on-demand' resource including:

- Emma's short 'Help Me...' videos designed to help tackle common challenges such as procrastination, overwhelm, acceptance, performance nerves etc
- A mini-library of guided breathing routines, visualisations and meditations – recorded by Emma, that work at a deep sub-conscious level to unlock our best performance mindset.

**Cost:**  
\$15 per person for 12-month access to toolkit

### E-LEARNING PROGRAM



Our HPM e-learning program is the ideal way to embed and sustain your learnings and drive elite mental fitness. Over 10 engaging video modules recorded by Emma, participants dive deeper into the practice of High Performance Mindfulness – learning the same step-by-step tools that Emma teaches all of her elite athletes to stay at the top of their game.

Participants receive a digital workbook in which they complete activities throughout the program – culminating in a powerful 'Mind Map' – personalised for each individual.

The program is accompanied by a library of resources including our 'Help Me ...' videos, guided visualisations and meditations and an interview library with Emma's athletes who provide insight to their own HPM experience and how it has benefitted them.

**Cost:**  
12-month access to Emma's High Performance Mindfulness e-learning program and associated resources:

- \$8,000 + GST first 20 participants, \$195pp extra participants
- \$295 + GST per people leader includes access to 10 x additional Leader 'Deep Dive' 15 min modules



## **'HER CONTENT WAS PERFECT FOR OUR AUDIENCE'**

'Emma was incredible! Her content was absolutely perfect for our audience and our event theme of high performance', she absolutely nailed everything - her delivery was spot on, her approach talking to a room of C-Suite executives was spot on, and sharing/weaving in her personal story of family tragedy really added another extra special element of humanity and genuineness to her keynote. She really was the highlight of our conference day, and I don't think we, or our guests, could have loved her more!

**CHUBB  
MANAGING DIRECTOR  
CHUBB LIMITED**

CHUBB®

## **'IT WAS THEIR FAVOURITE SESSION'**

"I just wanted to pass on the amazing feedback we had from our team after Emma's presentation at our conference last week. So many of our managers said it was their favourite session and I know her tips and stories are going to really change the team's personal and professional lives."

**MECCA  
SALES AND MARKETING MANAGER, MECCA  
COSMETICS**

MECCA

# EMMA'S CLIENTS INCLUDE:

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Square Peg



ANZ

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Swisse



MECCA



Allianz

Deloitte.



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