

High Performance Happy Hour – Tentative Schedule 2023

Thursdays 11am to 12pm

Online

Starting 23/2/23

Date	Topic	Details/ takeaway messages
23/2/23	Healthy Nervous System	The foundational importance of sleep, nutrition, movement, breathing.
2/3/23	Healthy Nervous System	Managing illness and disability.
9/3/23	Values and goals	Setting personal and professional goals and exploring underlying values.
16/3/23	Self-reflection	Reflecting on one's progress towards goals with the goal of course correcting where necessary.
23/3/23	Time and task management	Understanding one's time and whether it is allocated appropriately given one's goals and values.
30/3/23	Focused deep work	How to protect periods of focused deep work.
6/4/23	Reading and learning	How additional learning goals can provide a framework for learning core content.
27/4/23	Non sleep deep rest	Daily practices for stress management and nervous system calibration.
4/5/23	Contemplative practice	Pathways for gaining unique insights into the operation of one's mind.
11/5/23	Mindsets, models, rules, rituals	Bringing/activating positive emotions: gratitude, kindness, compassion.
18/5/23	Mindsets, models, rules, rituals	Problem-solving, growth and stress mindsets.
25/5/23	Other connection	SEWB model 1 - diversity of connections.
1/6/23	Other connection	SEWB model 2 - quality of connections.
7/6/23	Exam prep strategies	Study tips w/SLSS.
15/6/23	Exam prep strategies	Psychological tips for exam preparation.
22/6/23 (exams)	Guided meditation	Objects of mindfulness.
29/6/23 (exams)	Guided meditation	Grounding during emotional times.
27/7/23	Leisure	Fun, play and healthy escapes.
3/8/23	Living/working spaces	Clutter, organisation and context.
10/8/23	Resource allocation	Mindful consumption and mindful investment.

17/8/23	Emotion regulation	Emotional intelligence.
24/8/23	Psychological flexibility	Mindfulness, acceptance and committed action.
31/8/23	Imposter syndrome	Definition, identification and management.
7/9/23	Cultivating relationships	Impacts of loneliness, reflective and active listening, mindful communication.
14/9/23	Cultivating relationships	Mutual support of goal pursuit.
5/10/23	Meta cognition	CBT/ACT 1 - thinking traps/ cognitive distortions.
12/10/23	Meta cognition	CBT/ACT 2 - psychological flexibility and choice points.
19/10/23	Guest	TBD
26/10/23	Exam prep strategies	Study tips w/SLSS.
2/11/23	Exam prep strategies	Psychological tips for exam preparation
9/11/23 (exams)	Guided meditation	Open meditation.
16/11/23 (exams)	Guided meditation	Loving kindness.