



Debbie Vyskocil

ACHIEVING HIGH PERFORMING TEAMS BY WINNING INDIVIDUAL HEAD GAMES

Optimizing Critical, Individual Business Skills

Most Requested Keynotes/ Breakout Sessions/ Workshops:

GET YOUR BRAIN IN THE GAME – THE NEUROSCIENCE OF HIGH PERFORMANCE

In sports they call it “The Head Game”; it is what keeps your team from a championship ring in spite of all their training, experience and education. In business it can throw your company and personal goals completely out of reach.

TAPPING NEUROSCIENCE FOR HIGH PRESSURE MOMENTS

Why do some team members choke under the pressure of presentations, meetings or deadlines? Learn what is happening in the brain and tools to increase resilience in high pressure situations

HOW INDIVIDUAL SELF-COMPASSION CAN DRIVE TEAM PRODUCTIVITY

Creativity and motivation goals are not always achieved in organizations, holding back growth & innovation. Renewed self-compassion elevates confidence, unblocks creativity and sparks motivation.

FROM ARGHH TO AHHH - TAKE CONTROL WITH 3 STRESS BUSTING TOOLS

How resilient are you to the challenges you face? The connection between the brain and body explain the impact of negative stress on performance, collaboration, brain health and sleep. Learn to recognize the manifestations of your stress and acquire skills to handle stress in healthier ways.

BE FOCUSED & RESILIENT FROM THE TEE BOX TO THE BOARD ROOM

Golf & business hinge on cognitive acuity; learn the neuroscience behind your optimal performance. Learn skills to take control of what may be getting in your way; maybe even eliminate that 3 putt.

Custom Presentations available

Wow, what a great program! Such important points, but people don't treat them as such. Thanks for all the great info!!

Oscar Winski Co.

Dan

www.debbievyskocil.com

Debbie Vyskocil BCN

Debbie Vyskocil leverages her expertise in neuroscience to teach audiences and clients how to reach peak levels of achievement. With a focus on productivity and creativity, she delivers an understanding of how neuroscience can enhance performance for leadership and their teams. “Building high-performance teams by winning individual head games” is the basis of Debbie’s work.

As a speaker, Debbie engages audiences to ensure that they walk away prepared to implement new skills easily. Through experiential exercises and storytelling, she offers audiences multiple solutions to strengthen performance skills, including resilience, collaboration, discipline, focus, innovation and self-compassion.

Debbie is also a valued advisor who has been supporting clients for 11 years as president of Optimal Edge Performance, a neuroscience-driven, high-performance consultancy, where she is retained by Inc.’s “Fastest Growing Companies” and “Best Companies to Work For.”

Debbie has an electrical engineering background, a psychology degree, extensive neuroscience training and is board certified by the Biofeedback Certification International Alliance. Her unique blend of science and emotional acumen led her to work with some of the business world’s highest performers. She has trained with coaches who focus on the “head game” for Olympians and World Cup champions.

Debbie shares her expertise as a speaker with many including on the TEDx, Ignite and disrupt Milwaukee platforms. She is also a writer for the U.S. Naval Institute and the online publishing platform, Medium.



NEVER AGAIN

- Be derailed by a “busy brain” sabotaging your engagement or communication.
- Let a lost sale or ball in the bunker destroy your game.
- Lack effective decision making skills due to insufficient sleep or unmanaged stressors.

Women in Tech



“Taking what I learned to the course tomorrow and the office Monday. Thank you Debbie! I didn't realize my busy brain was getting in my way.”

*Steven
NCG International*