



**iNSPIRETEK**

---

# **CONTENT CATALOGUE**

---



# iNSPIRETEK

## Proudly works with these Individuals



**BOB TEWKSBURY**

Robert Alan Tewksbury is a retired Major League Baseball pitcher and current Mental Skills Coordinator for the Chicago Cubs. He played professionally for the New York Yankees, Chicago Cubs, St. Louis Cardinals, Texas Rangers, San Diego Padres and the Minnesota Twins.



Anthony Bennett is a Baseball Mental Skills coach and host of The Baseball Nomad Podcast. Winning 12-different national championships across 5-continents, from 1996 to 2013, gave me space to grow as a player, as well as a person, and in turn, helped me see myself more as a mental skills coach.

**BEYOND SPORT**

with Fiona Stewart

Fiona Stewart has a background in competitive swimming, being both a coach and a swimmer. She has been involved in the fitness and aquatic industry for 10 years and I'm currently managing a swim school based in Victoria, Australia. Host of the Beyond Sport podcast where I interview guests from all sporting backgrounds.



Dr Tim Crowe is a career research scientist and educator with most of his time spent in the absolutely fascinating, yet always controversial, area of nutrition. He now works chiefly as a freelance health and medical writer and scientific consultant. A vast range of nutritional topics always based on current evidence informed by peer-reviewed journal articles, government and peak health body guidelines, and medical experts.

# iNSPIRETEK

## Proudly works with these Individuals



Lee Addison is a Level 3 High Performance Coach with over 21 years' experience at all levels of the game in both the UK and Australia, from grassroots to two NRL clubs and two World Cups. He was head coach of 3 Elite High Performance Rugby League Academies in schools from 2010 to 2021. He was also previously Head Coach of the Poland Test side that were undefeated 2018 Emerging Nations World Trophy Champions and had a 100% win record (6 from 6) in test matches. As a result, they reached the rank of 19th in the world.



### Kelly Mac

Kelly Macdonald has a passion for helping you to discover the potential in yours, through movement. From mobility and strength coaching, to holistic lifestyle practices that empower you from within, she will help you move through limitations, discover freedom in motion and a life of confidence.



Grace is a retired NZ rhythmic gymnast who has shifted her passion towards coaching others. She competed internationally for 7 years and participated in events such as Junior Commonwealth Games and a number of World Cups.

# iNSPIRETEK

## Proudly works with these organisations



The Australian Institute of Sport (AIS) leads and enables a united and collaborative high performance sport system that supports Australian athletes to achieve international podium success.



Mood Food is an evidenced based program which will educate, empower and inspire you to eat foods that will prevent, treat and beat depression. We want the world to know that the food we eat affects our mental health just as it affects our physical health. 100% of us eat and we're not getting it right.



SportsDietitian.com

As athletes ourselves, we know how hard it can be to fit in all of the training you need to do and then make it to health appointments. Not to mention that work, school and family have to fit in. SportsDietitian.com is all about helping you access evidence-based sports nutrition and practically trialled nutrition when and where you need it most.



Improving your balance, mobility, strength and skills shouldn't feel like a chore. Our unique training methods are designed by footballers and physiotherapists to make injury prevention fun and help elite young athletes take their game to the next level.



Balance is Better is an evidence-based philosophy to support quality sport experiences for all young people, regardless of ability, needs and motivations. It is about young people staying involved in sport for life and realising their potential at the right time.

# iNSPIRETEK

## Proudly works with these organisations



Mental Health Foundation Australia (MHFA) is an organisation made up of people from all walks of life. It includes professionals, those living with mental illness, families of those living with mental illness, related organisations concerned with mental health and members of the public with an interest in mental health.



1 in 5 people will experience a mental illness each year. Many suffer in silence due to the stigma and lack of education around mental health. LIVIN is helping change this. Each flag represents where we have delivered our LIVINWell In School program. Help us fill the map and spread the word that "It ain't weak to speak".



Athletes Soul offers a range of FREE resources to help athletes develop outside of sports and be better prepared to manage the transition away from sports. Our educational resources focus on overall wellness, mental health and identity, career development and athletic retirement. All resources below are available at no cost to athletes.



Psych Hub was developed to help people overcome mental health challenges through education. Aiming to educate the ecosystem to effectively help themselves and others on their mental health journey



Performance Edge Psychology works with people presenting with a broad range of issues. We love working with all athletes from local/club level to Olympic/international athletes who would like to learn how to improve their mindset and manage under pressure.

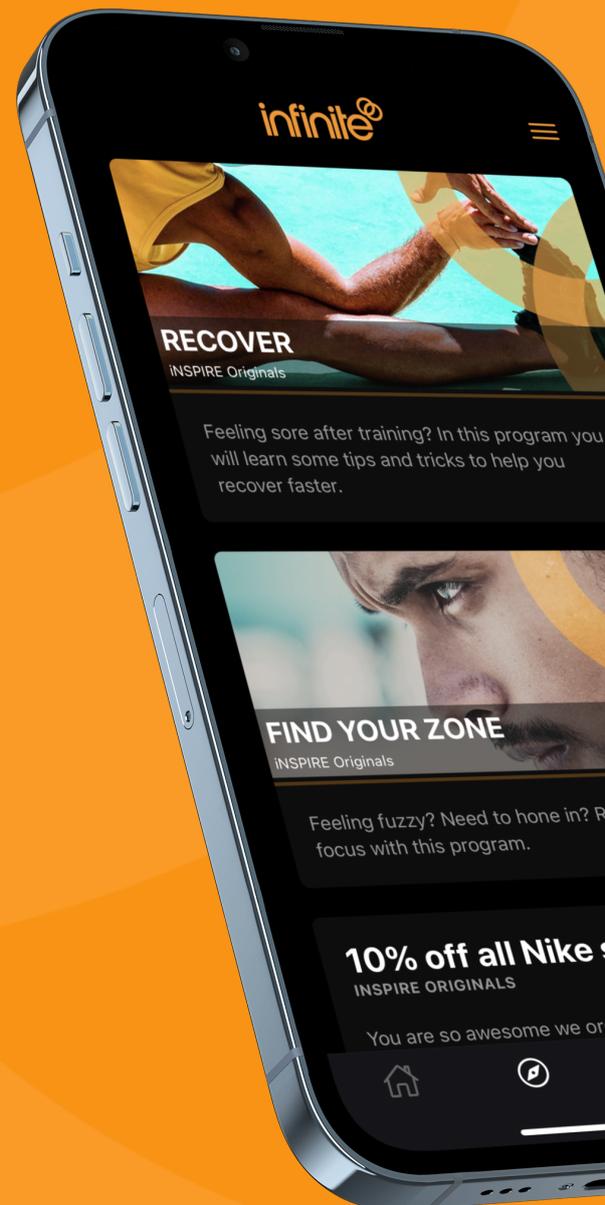
# infinite<sup>∞</sup>

inspiring connection

---

## INSPIRE ORIGINALS

---



## **FIND YOUR ZONE**

Feeling Fuzzy? Need to hone in? Regain your focus. This series will go deeper into focus.

- **STAY FOCUSED**
- **TYPES OF FOCUS**
- **REFOCUSING**

## **HEALTHY LUNCHES**

In this episode, Annie will take you through how to make your lunch boxes healthy!

- **HEALTHY LUNCH BOXES**
- **5 FOOD GROUPS**

## **RECOVER**

Feeling sore after training? In this series you will learn some tips and tricks to help you recover faster.

- **FAST WAYS TO RECOVER FROM TRAINING**
- **WHY WE SHOULD USE FOAM ROLLERS**
- **FUNDAMENTAL FOAM ROLLING TECHNIQUES**
- **WHY STRETCHING IS IMPORTANT**
- **SLEEP**

## **TOO MUCH**

Feeling overwhelmed? This series will give you some tips and tricks for managing stress.

- **EVERYONE GETS STRESSED**
- **HOW TO MANAGE TIME**
- **RELAX**

## **YOU'RE MOSTLY WATER. BUT WHAT DO YOU KNOW ABOUT IT?**

H<sub>2</sub>O. How much should I be drinking? and why is it so necessary? Learn more about water in this series.

- **HYDRATION**
- **DEHYDRATION**
- **SWEATING**
- **SPORTS DRINKS**

## **AIM. UNLEASH**

Have you ever felt like you were working towards something without a clear target? This series will take you through the steps to set SMART goals.

- **S.M.A.R.T**
- **TWO TYPES OF GOALS**

## **IGNITE!**

Feeling sluggish? Wondering if the work is worth it? Watch this series to learn more about motivation and the different forms.

- **MOTIVATION**
- **TYPES OF MOTIVATION**

## **HOW TO DEAL WITH PERFORMANCE ANXIETY**

Overcome by nerves or anxiety on competition day? Learn to combat these feelings and use them to your advantage in our 9 video series on how to overcome performance anxiety.

- **INTRODUCTION TO PRE COMPETITION ANXIETY**
- **ANXIETY**
- **ACCEPTANCE**
- **YOUR WHY**
- **PRE-COMPETITION ROUTINE**
- **SELF TALK**
- **CONTROLLABLE**
- **BREATHING**

## **MIND CONTROL**

Take control of your own mind. Learn some tips and tricks that will help you control your thoughts and maximise your health and performance.

- **MINDFUL EATING**
- **SELF TALK PART 1**
- **SELF TALK PART 2**
- **SELF TALK PART 3**
- **MINDFULNESS**
- **MINDFULNESS PART 2**
- **SAFE SPACE**

## **MINDSET MASTERY**

Become comfortable with being uncomfortable. Become unshakeable. Become extraordinary. In this series you will learn the foundations to developing a strong mindset.

- **THE BIG PICTURE**
- **THIS IS ALL ABOUT YOU!**
- **WHO DO WE WANT TO BE**
- **THINK ABOUT THE FUTURE**
- **STEPS TO BECOMING THE BEST**
- **WHAT ARE THE 1%ERS**
- **KEEPING YOURSELF ACCOUNTABLE**

## **CARB'S, NOT WHAT YOU THINK!**

Have you ever wondered if carbs are a friend or foe? This series will take you through the science of carbohydrates, what they do, how much you should be eating, and why they are important for not only performance but general well being.

- **MACRONUTRIENTS - CARBS**
- **CARBS & GI - PART 1**
- **CARBS & GI - PART 2**
- **CARBS & GI - WHAT IS FIBRE PART 1**
- **CARBS & GI - WHAT IS FIBRE PART 2**
- **CARBS & GI - WE NEED IT**

## **FRUIT, NATURES CANDY**

Fruit is delicious and nutritious, learn more about fruit in this series.

- **FRUIT - EATING THE WHOLE FRUIT**
- **FRUIT&VEG - FRESH VS FROZEN**

## **GET ON THE GRAIN TRAIN!**

Grains pack a punch. Find out which ones are the best, how to consume them and how much of them do we need to maximise our health and performance.

- **GRAINS - WHY ARE THEY IMPORTANT?**
- **GRAINS - HOW DO WE CHOOSE?**

## **HOW ARE YOU GETTING YOUR VITAMINS?**

You may ask yourself if you are getting enough vitamins. In this series you will find out what are some of the sources of vitamins are and what some of them do for us.

- **HOW DO WE GET THEM - PART 1**
- **NEED MORE VITAMIN D - PART 2**
- **WHAT ARE B VITAMINS**

## **IS FAT THE ENEMY?**

This series will outline some facts about fats and get to the bottom of this debate.

- **FAT - POOR OLD FAT**
- **FAT - SATURATED VS TRANS**

## **JUNK FOOD, WHY NOT AN ALWAYS FOOD**

Sometimes foods. How many times is 'sometimes'? In this series you will learn more about discretionary foods.

- **DISCRETIONARY FOODS**
- **FIZZY DRINKS**

## **VEGGIES, KEEP IT SIMPLE**

We all know vegetables are good for us. But how much should we be eating? How should we eat them? Why are they so good for us? This series will look at the benefits of vegetables.

- **VEGETABLES - WHY?**
- **VEGETABLES - VARIETY IS KEY**

## **PROTEIN, THE BUILDING BLOCKS**

Protein! How much? How can you get it? And when should you be consuming protein to maximise your health and performance? This series will answer all the questions.

- **PROTEIN - WHY DO WE NEED IT?**
- **PROTEIN - WHAT ACTUALLY IS IT?**
- **PROTEIN - MORE THE BETTER?**

## **THERE'S SOMETHING ABOUT DAIRY**

What are the benefits of dairy? How does it help maximise health and performance? This series will detail the facts you need to know about dairy.

- **HOW MUCH DAIRY DO WE NEED?**
- **WHY WE NEED DAIRY**
- **CHOOSING THE RIGHT MILK**

## **THINK BEYOND STEAK!**

In this series you will find the benefits of meat and it's alternatives.

- **LEAN MEATS AND ALTERNATIVES**
- **LEGUMES**
- **NUTS**

## **EGGS: GOOD OR BAD**

In this program Annie takes you through the difference between Macro and Micro nutrients.

- **MYTHBUSTING EGGS**

## **WHAT EVEN ARE MINERALS**

What are minerals? How can I get them? This series will go through some main minerals and answer the common questions.

- **MINERALS - WHAT ARE THEY**
- **WHAT DOES CALCIUM DO?**
- **IRON IS CRITICAL - PART 1**
- **IRON IS CRITICAL - PART 2**

## **MACRO VS MICRO NUTRIENTS**

In this program Annie takes you through the difference between Macro and Micro nutrients.

- **MACRONUTRIENTS**
- **MICRONUTRIENTS**

## **IS FAT THE ENEMY?**

This series will outline some facts about fats and get to the bottom of this debate.

- **FAT - POOR OLD FAT**
- **FAT - SATURATED VS TRANS**

**RECHARGE. GET SET. GO**

Have a competition, race or game coming up? This series will give you some great tips and tricks to be ready for the big day.

- **FAST WAYS TO RECOVER FROM TRAINING**
- **FOOD IS FUEL**
- **FOOD IS FUEL PART 2**
- **FOOD IS FUEL PART 3**
- **B.I.B BREATHING**
- **IMAGINE**
- **I AM**

**SOF: CONNECTING MIND TO BODY**

Kieran Maguire from Science of Fitness is a master of all things movement. In this series he will talk you through how movement and breathing can help you relax and regain focus.

- **BELLY BREATHING**
- **BOX BREATHING**

**SOF: FOUNDATIONS OF MOVEMENT**

Master of movement Kieran Maguire will take you through the foundations of optimal movement, how to train those components, and how these movements can prevent injury.

- **FOUNDATIONS OF MOVEMENT**
- **ABDOMINALS**
- **GLUTES**
- **UPPER BACK**
- **HIP FLEXORS**

**MEG WARD IS iNSPIRED**

In need of some more isolation tips? Need some motivation to get through your rehabilitation from injury? Meg Ward from Brisbane Broncos will take you through her best tips for these.

- **ISOLATION TIPS**
- **INJURY REHAB TIPS**

**JORDAN COURTNEY-PERKINS IS iNSPIRED**

Jordan is an exciting prospect for Australian football and in this iNSPIRE talk, he shares his experiences in grass roots development as well as some advice for other young athletes starting training again soon.

- **MY STORY**
- **JORDANS ADVICE**

**MIKE MARJAMA IS iNSPIRED**

Mike Marjama is a former Major League Baseball Player who has been through it all and come out the other side. After a rocky journey in overcoming an eating disorder, Mike finally made it to the big leagues. In this series, Mark will reveal some tips and tricks in changing your mindset for the better.

- **OPTIMISTIC OUTLOOK**
- **GRATITUDE**
- **EXCELLENCE**

**MEL ANDREATA IS iNSPIRED**

Mel Andreatta, acclaimed football coach, reveals some tips and tricks for surviving and thriving in self-isolation

- **EXTRAORDINARY TIMES**
- **CONTROLLABLES**
- **TIPS FOR TRAINING AT HOME**

**BRODY SAMS IS iNSPIRED**

In this series Brody will share his thoughts and beliefs on Habits and perception. He dedicates his life to optimising the human experience and finds nothing more satisfying than helping an individual realise their true potential.

- **HABITS**
- **PERCEPTION, DECISION, EXECUTION**

# iNSPIRETEK

## Content Advisory Board



David Shillington, after retiring from professional sport, he worked for the NRL for a number of years developing, managing, and delivering community-based wellbeing programs. He is now a Master Instructor with Mental Health First Aid Australia and run the mental health coaching platform Prime Effect, working alongside psychologists and some of Australia's admired sports stars. He knows how powerful sport, and sports stars, can be in the community to normalise mental health challenges, role model healthy practises, and inspire action.



Rachel has a background in sport and exercise science, and has held roles in strength and conditioning, athlete welfare, tactical training and sports rehabilitation assessment and management, giving her an additional perspective to bring to her psychology work and a special interest in injury rehabilitation and pain management. She has experience working with elite athletes from Australian teams and organisations including Super Rugby, NRL, Wallabies, Queensland Jockeys' Association, Racing Queensland, Sporting Wheelies, Professional Golfers' Association of Australia, AIS, Queensland Academy of Sport and more. She is currently the lead Sport Psychologist for Gold Coast Suns AFLW Program, Queensland Cricket Women's Program (Brisbane Heat and Queensland Fire), QAS Softball Program and Football Queensland (women's program). She is also a network provider for the AFL Players'



Michael Duhig is an Educational and Developmental psychologist with post-graduate training in Educational and Developmental Psychology and Health Management. While completing his studies, he developed clinical skills in government and non-government sectors specifically focused on Child and Youth Mental Health. Being heavily involved in sport and a former international rugby union player, he is able to weave physical activity into therapy to engage and benefit clients.



Krishneel is in the unique position of having been an athlete in national squads across two sports – athletics and football, a coach with a Masters in Sports Coaching, and a Performance Psychologist. As a Performance Psychologist at The Mind and Movement Company, Krishneel works at the intersection of wellbeing and high performance, supporting athletes and teams from a range of sports in Australia and internationally, both at the grass roots and elite level. He was Team Fiji's Psychologist at the Gold Coast 2018 Commonwealth Games and has continued in that role for the Tokyo 2020/21 Olympic Games. Krishneel has an acute understanding of Mental Health within the sporting landscape; he has a "lived experience" of performance anxiety during his time as an athlete and has supplemented his experience as a Football Coach by joining the wellbeing subcommittee of Football Coaches Australia (FCA).