

Dr. Cory Middleton

INTRODUCTION FOR UPCOMING EVENTS

Dr Cory Middleton is a mental toughness expert, speaker and mindset coach (Performance Psychologist) providing high quality performance enhancement workshops that help you and your team Activate Your A-Game. Cory helps teams get unstuck - activating personal strengths, increasing mental agility and toughness, whilst building the determination, focus and confidence needed to accelerate.

Formally at the Australian Institute of Sport (Performance Psychology), Cory completed ground breaking PhD research into the identification and development MENTAL TOUGHNESS. He reviewed over 70 years of resilience research that included examples from military, emergency services, survivors of abuse and neglect, and rehabilitation from trauma and injury. Next he worked closely with 33 World Champions and Olympic Gold Medallists, identifying their pattern of thinking.

The types of assignments Cory is currently working on include: culture change programs, 'Activate Your A-Game' team interventions, leadership programs, organisational change, positive psychology self-awareness programs, emotional intelligence, resilience, leadership capability and effectiveness, mental toughness development, and business mentoring.



**TALENT DEVELOPMENT
ACADEMY**