

# MENTAL HEALTH FOR PERFORMANCE

PRESENTED BY PINNACLE

## SHELDON KENNEDY

Create environments where people thrive, achieve and want to stay.

### LET'S OPEN THE CONVERSATION

Isn't it incredible how Sheldon speaks about his story with such acceptance and openness? But he didn't start there.

*"I didn't know how to even have a conversation around it. I didn't even know where to start. I had no clue."*

Talking about Mental Health isn't easy for most people. And that's ok. As Sheldon points out, it's a broad and misunderstood topic, and it's about "progress not perfection" when it comes to opening up the dialog and moving in a new direction on such a complex topic.

*"Being able to understand and share your feelings and being able to understand your emotions is a taught skill. It's practice; you've got to practice it."*

Anyone who has chased big goals knows that our struggles shape who we are. Our struggles help us learn and evolve and can motivate us to achieve big things!

When asked if he'd ever wished he had never gone into hockey, Sheldon pauses... then simply accepts and owns his story. All aspects of it. He knows that his past motivated him to initiate major change in the worlds of sport and business.

What experiences in your past have shifted your current circumstances and future vision? What lessons can you take from those experiences?

### EVOLVE

Brene and Barrett on [Why Every Leader Needs to Worry About Toxic Culture](#)

[Hear from Leah Ferguson](#), another survivor of unsafe sport striving to change high performance culture.

What can you do to make the spaces in which you live, work and play safer, healthier and more enjoyable for everyone?

### MENTAL HEALTH IN BUSINESS

How can we create mentally healthy performance environments? Sheldon keeps it simple:

*"Our goal should be that those people who came today, want to come back the next day."*

In the midst of the ongoing Great Resignation, what makes an employee want to stay?

What can a business do to attract and retain the best and the brightest?

*"Don't forget, we have been educating tens of thousands of students every year about this stuff for years and years across the country... So, they seek out what an organization has in place in regards to inclusivity, equity, diversity, inclusion, respect, mental health, and if you don't have that - if it's not embedded in everything you do - then they're not signing up. And that's just a reality. This is about recruitment and retention."*

Today's workforce values company culture. Indifference creates the opportunity for unsafe situations. It is important for leaders to show through action that the mental health of their employees matters. Even a small step in the right direction can have a very positive impact on the overall work environment. How is your company doing in this area? What small step can you take in the next month to prioritize this?

### EXPLORE

Not sure how to respond when someone shares their struggles with you? Brene Brown explains [Empathy vs. Sympathy](#)

Elizabeth Stanley explains how everyone can benefit from [MMFT: "Mindfulness-Based Mind Fitness Training"](#) to recover from trauma and to build up the resilience to thrive in high stress environments.