

Emma Murray

High Performance Mindset Coach & Keynote Speaker

Emma Murray is renowned as one of Australia's leading high performance mind coaches & is the founder of High Performance Mindfulness - a practice she has used to guide many notable athletes to greatness. She is considered the 'secret weapon' behind Richmond Football Club's three most recent AFL premierships and Scott McLaughlin's three Supercars Championship titles, his 2019 Bathurst win and his IndyCar debut. Emma also works with a stable of other athletes including Olympic gold medallists Cate Campbell and Jakara Anthony, track and field athlete Morgan Mitchell, F1 debutante Oscar Piastri and Australia's youngest Test cricketer Will Pucovski along with Australia's national hockey teams the Kookaburra and the Hockeyroos ahead of the 2024 Paris Olympics.



Emma's practice is grounded in the science and art of mindfulness and high performance psychology and tried and tested in real life. And not just the lives of Emma's athletes, but her own life, amid the tragedy of her teenage son's spinal cord injury.

Emma has over 20 years' experience and qualifications in psychology (undergrad), mindfulness, and a number of psychotherapy modalities - all leading to the creation of her High Performance Mindfulness practice which equips individuals with the skills to deliver best performance execution through advanced present moment awareness improved emotional regulation and enhanced focus.

Emma's keynote bring to life her High Performance Mindfulness framework in a way that enables participants to immediately apply the tools amid the rigours and pressures of business, study and life generally - with a focus on how to recognise and overcome the unhelpful 'self-talk' that can strip us of our strengths when we need them most.

Emma Murray talks about:

- Overcoming adversity
- High performing teams
- Focus
- A-Game / B-Game

- Authentic Leadership
- Resilience
- Power of breathwork
- Power of Journaling

Client testimonials

“ We invest in young high growth companies and the work I have done with Emma has had a significant impact on me and our business more broadly. Understanding how the mind works has empowered me to focus more on the things I can control and as a result be better mentally prepared for important situations - leading to better decisions and business outcomes.

- **Paul Basset, SquarePeg**

“ Emma’s ability to deliver complex methodology in an extremely practical and tangible way left a lasting impression on our teams. Her skill in connecting with people and using language that ‘stuck’ combined with providing relevant day-to-day tools and practices had a hugely positive impact on everyone involved.

- **Matt Sallmann, Xero**

“ Emma Murray’s High Performance Mindfulness Program is the holy grail when it comes to a performance and mindset program to help businesses and team members harness their drive and ability to perform at their best.

- **Rebecca Smith, Swiss Wellness**

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