

# **Jason Brooks**

**C.E.O., Consultant at Maven Consulting Group Inc.**

Winnipeg, MB, CA

Peak performance coach and strategist. Helping people create sustainable behavioural change to optimize performance and wellbeing

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## **Biography**

My work is dedicated to helping people in high-pressure performance settings learn to thrive. I specialize in the application of evidence based tools and strategies rooted in the science of peak performance, neuroscience, stress management, stress inoculation, mindfulness and best practice in leadership development and communication. In addition, I draw on all that I have learned about the underlying processes utilized by top performers I have consulted with, interviewed and observed in action. From physicians and surgeons, elite athletes, CEO's and tactical police officers, I have worked with some outstanding human performers in very challenging performance settings. The lessons from which I have shared widely over the years through individual and group consultations, academic teaching, conference presentations, and workshops. There is a saying "you can't stop the waves but you can learn to surf". That idea has been central to my professional philosophy. I am in the business of assisting performers to become better prepared and more resilient in the face of challenges and to help optimize their performance potential and personal wellbeing.

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## **Availability**

Keynote, Panelist, Workshop, Corporate Training

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## **Industry Expertise**

Corporate Leadership, Education/Learning, Health and Wellness, Health Care - Providers, Law Enforcement, Mental Health Care, Sport - Amateur

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## **Areas of Expertise**

Performance Coaching, Executive Coaching and Consulting, Stress Management, Stress Inoculation Training, Visualization and Mental Rehearsal, Mindfulness and Communication

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## **Affiliations**

Lecturer University of Manitoba College of Medicine Department of Emergency Medicine

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## **Sample Talks**

**Strategies on sustainable performance and health for surgeons**

Workshop for attending physicians in the department of General Surgery, University of Manitoba

**Lessons on leadership and mentoring in medicine**  
Department of Pediatrics, University of Manitoba

**Strategies for optimizing focus and situational awareness under pressure**  
Basic Firearms Instructor Course ? Royal Canadian Mounted Police

**Stress management workshop**  
Combined Cardiac Sciences Seminar. The University of Manitoba

**Leadership and legacy: Capturing the wisdom within**  
Keynote presentation at Annual General Meeting for Taylor McCaffrey Law Firm

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## **Event Appearances**

**The impact of high performance physician training on resident wellness and clinical performance**  
Canadian Conference on Physician Health

**Performance psychology for resuscitators**  
Social Media and Critical Care (SMACC) Conference

**Learning to take the heat: Stress inoculation training for resuscitators**  
Social Media and Critical Care (SMACC) Conference

**Sustainable high performance skills for surgeons**  
Annual General Meeting for the Canadian Society of Otolaryngology Head & Neck Surgery

**Securing highly accomplished respected physicians (SHARP)**  
International Conference of Residency Education (ICRE)

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## **Education**

**University of Queensland**  
Doctor of Philosophy (PhD) Health Science

**University of Manitoba**  
Master of Science (MSc.) Kinesiology

**University of Winnipeg**  
Bachelor of Arts (B.A.) Kinesiology

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