

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

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.

Availability

Keynote, Panelist, Workshop, Corporate Training

Industry Expertise

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

Areas of Expertise

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

Affiliations

Lecturer University of Manitoba College of Medicine Department of Emergency Medicine

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

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)

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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