



## **Supersonic Success: Elevating Performance with Mental Mastery**

In this inspiring and actionable keynote, Tammy Barlette draws on her experience as a U.S. Air Force pilot and mental performance coach to reveal the powerful connection between mindset and success. Sharing riveting stories of perseverance and high-stakes decision-making, Tammy equips audiences with proven mental performance strategies to overcome challenges, build resilience, and optimize their focus.

This presentation is designed to:

- **Provide actionable tools:** Attendees will learn practical techniques to improve their performance and handle pressure effectively.
- **Inspire self-leadership:** Tammy emphasizes the importance of mastering oneself to lead others, helping individuals maximize their potential and impact.
- **Bridge mental health and performance:** For those operating between optimal performance and mental health intervention, this keynote offers strategies to maintain productivity and a healthy mindset.

Ideal for leadership teams, high-performance organizations, and professional audiences, **"Supersonic Success"** will leave attendees energized and equipped with the tools to elevate their personal and professional lives.