

DISCOVER ABILITY

WITH PRESENTATIONS BY

Mark Dobson aka 'Dobbo'

**Possibly the world's most
unique performance consultant...
and certainly the funniest.**



Testimony to his skill set is that in the lead up to the recent Beijing Olympics Mark spent one year advising Australian Olympic Swimming Coach **Ian Pope**, coach of Olympic medallists **Grant Hackett**, **Matt Target** and **Patrick Murphy**.



On a world stage he coaches USA Ski Champion and Winter Xgames medallist **Colby West** and Australian Olympic steeple chase runner **Victoria Mitchell**. He has also advised International Trampolinist **Christy Jenkins**, premiership player **Corey McKernan**, memory Champion **Tensal Ali** and a host of others at the top of their fields.

Mark is also the author of two best selling books, **Back Off Bully** and **Rise Above - Tips and strategies for teenage life**. He is a founding member of New York City's first University for gifted teenagers, and he led America's largest ever intercultural exchange program, taking 40 inner city African Americans onto a Navajo Indian Reservation for three weeks, documented by 60 Minutes journalist Andy Taylor.

In addition to his unique lifestyle Mark has been **shot at in a tribal war**, leapt from **a sinking raft in a hurricane** and done **stand up comedy in New York City**. As you can imagine he has some incredible stories, is a captivating speaker and offers very strategic advice on performance and personal improvement.

Mark presently spreads his time over several projects which include: designing and leading programs at The **Summit training** venue (www.thesummit.net.au), coaching individual athletes, and continuing his studies by correspondence at Deakin University.



*"Thanks for the kick
in the behind Dobbo."*
Colby West
USA Slopestyle Champion 08



Colby West - Bronze Medal Winter X-Games 07, 08 & 09

Christie Jenkins - Bronze Medal Junior Olympics

Bookedout: (03) 9824 0177

www.dobbo.com.au



Some Topic Ideas

Presented here are some session ideas that Mark regularly presents on. If you have some other needs that require a creative presentation, feel free to bounce ideas off Mark as he is versatile and can customise for you.

Senior School Topics

Start of Year

Deliberate Intention

This unique session offers students key insights into setting targets and taking very deliberate action to achieve them. It explores the areas students typically make errors and what to do instead. Students leave the session with a very clear understanding on how to set their goals and what steps to take.

Mid Year

Best Day Thinking.

Best day thinking (BDT) is the mental strategy that Mark has used to improve the performance of a host of international athletes. Essentially BDT is a strategy for staying fully focused in very stressful, distracting or oppressive situations. Its very effective, has been tested successfully on the world stage and every student will understand it.

Late in the Year

Mid Year Motivation

After mid year exams just about everyone hits a wall. Mark offers students a series of strategies to refresh and refocus. This includes resetting targets, knowing how to take breaks that actually refresh and rethinking what resources we could utilise better.

Study Strategies

Mark was a founding member of a university in New York City for talented teens, call Bard High School Early College. This session offers students the Study Skills used there. A very fresh and unique view of maximizing their study time and effectiveness, including managing emotions and friendships.

Life After School

Uni? Travel? Work? Small Business? Share Trading? Pro Athlete? Parent? Internship? Volunteer? What are your students moving towards and do they know how to navigate the 'real world'? Mark shares what he has learnt from his travels around the world and offers students the inside tips that can only come from someone who has done it.

Middle School Topics

Start of Year

Equipped for Life

This is a holistic session which offers the fundamental knowledge essential for the personal growth of this generation. It looks at how young people establish their opinions of themselves and what they can do to grow outside the present way they see their limits and identity. This session makes a strong impact in areas of self esteem and participation in opportunities.

Mid Year

Culture Shock

This session is designed to change the culture of a year level. It looks at the social rules that peers create for themselves and inspires students to lead each other to behaviours which fulfils their goals. You'll see changes the next day!

Late in the Year

The mature male & the mature female.

With so many poor role models available, the modern teen can use destructive behaviour thinking it will have them successful in their peer group. Binge drinking, apathy, public sexual acts, derogatory language, drugs, reckless driving and all the stuff that scares parents are gaining momentum to become the social norm. This session defines the characteristics of awesome men and women and offers students a vision of what to grow into and why. Some how Mark takes the most sensitive topics and makes them easy to discuss and simple to understand.



"The day after you did the visualisation with me I took 2 seconds off my PB.

I later went to Queensland for the Australian Championships where I broke a world record in my classification."

Kobie Scott
Australian Swimmer
(Kobie went on to hold 5 world records.)

