



ENTREPRENEURIAL MINDSET

EVOLVING HIGH PERFORMANCE

MARCH – JUNE 2026

Short Course designed to help high performers
translate their skills into future-ready careers.

- ✓ Gain a mentor for business guidance
 - ✓ 2-Days (Live) and 3 Online Connections
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"The Entrepreneurial Mindset is a launchpad for your next chapter."

SAM MITCHELL
PHILLIPS COACHING
AMBASSADOR

COURSE OVERVIEW

High Performers are entering a defining era of personal reinvention. As the nature of work and opportunity evolves, so too must the definition of high performance.

ABOUT THE COURSE

The Entrepreneurial Mindset is an exploratory, 3-month progressive learning and research-informed program designed to help participants evolve beyond sport with clarity, confidence, and purpose.

Through applied learning, mentoring, and peer collaboration, participants will explore how to build an entrepreneurial mindset, expand their identity, and activate networks for success in their professional lives.

Designed by Phillips Coaching, this course merges evidence-based frameworks from psychology, business, and education – transforming lived experience into professional advantage.

WHY CHOOSE THIS COURSE?

High Performers possess the very qualities today's evolving workforce demands – resilience, adaptability, and discipline.

Yet, many lack structured support to evolve these traits into career opportunities. The Entrepreneurial Mindset bridges this gap by providing:

A purpose-driven pathway that connects performance, integrative health, and opportunity.

- **Relevant:** Tailored for high performance navigating professional life shifts.
- **Practical:** Combines hands-on workshops with peer mentoring.
- **Research-Backed:** Grounded in global education and sport psychology research.
- **Networked:** Connect with mentors, entrepreneurs, and like-minded peers.

COURSE STRUCTURE

COURSE DETAILS

Duration	3-Month Progressive Learning <ul style="list-style-type: none"> – Initial online completion of work-related personality assessment – Pre-reading material – 2 contact learning days (in-person) Thursday 19 – Friday 20 March 9am–3:30pm – Online small group learning session(s) (hosted by mentor) – Mini seminar + panel (online) Tuesday 21 April 9am–12pm – Mentor one-on-one meeting
Mode	Experiential workshops, online mini seminar, guest speakers, case studies, personal one-on-one connection, and applied learning
Location	Melbourne CBD
Entry Requirements	Short application & statement of purpose outlining motivation and goals
Application Due	Early March 2026

Across six connected modules, participants will:

- Develop a clear understanding of personal identity and values.
- Build adaptive intelligence (AQ) and the capacity to manage shifts in professional life effectively.
- Learn entrepreneurial mindsets and opportunity design strategies.
- Connect with mentors, entrepreneurs, and industry professionals.
- Translate learning into action through a personal capstone project.

SYLLABUS



6 MODULES



20–25 HOURS



SHORT COURSE
3-MONTH PROGRESSIVE
LEARNING

MODULES	MODE	JAN	FEB	MAR	APR	MAY	JUN
Initial online completion of work-related personality assessment	Online						
Pre-Program Material	Own Time						
Contact Learning (Live) Thu 19 – Fri 20 Mar Module 1–2	In-Person 2-Days						
Mini-Seminar + Panel Tue 21 Apr 9am–12pm Module 3	Online						
Online Small Group Learning (Mentor Driven) Module 4	Online						
One-on-One Mentor Meeting/Review Module 5–6	In-Person						
Conclusion Certificate of Completion	Mail/Post						

PROGRAM SCHEDULE



DAY 1 THURSDAY 19 MARCH



6.5 HOURS

MODULE 1

The Anatomy of Change

Participants explore the Anatomy of Change model and its three phases, The End, The Messy Middle, and New Beginnings, everyone identifies where they sit within the journey and develop practical strategies to navigate professional shifts with clarity.

Key Concepts

1. Learn to identify where you are in your professional journey
 - a. The End, The Messy Middle, or The New Beginning.
2. Understanding transitions and adaptive intelligence (AQ)
3. Build the adaptive tools to navigate uncertainty and reimagine opportunity.

Highlights

- Understand the athlete advantage and the ability to navigate shifts using resilience, discipline, and adaptive skills.
- Discuss opportunities and sparks of curiosity to explore a new path.

Featured Exercises

- Debrief and interpretation of your own work-related personality assessment
- Develop a personalised, roadmap supported by peers and networks.
- Adaptive Intelligence (AQ) self-scan
- Draft your career shift action plan



DAY 2 FRIDAY 20 MARCH



6.5 HOURS

MODULE 2

Identity and the Five V's

A practical high-performance toolkit is critical to manage change, regulate emotion, and build sustainable wellbeing during shifts in professional life. Using the Five V's – Validation, Venting, Values, Vitals, and Vision participants learn to apply each principle to real-world scenarios, practice evidence-based strategies and develop peer-based micro-support networks.

Key Concepts

1. Building wellbeing and purpose through self-awareness
2. Explore Dr Judith Joseph's Five V's Framework
 - a. Validation, Venting, Values, Vitals, Vision.
3. Discover how to manage change, redefine success, and develop peer-based micro-support networks.

Highlights

- How to use the Five V's as a peer check-in tool beyond the Entrepreneurial Mindset.
- Career Shift Insights: how organisations onboard athletes and how Values + Vision support sustainable career pivots.

Featured Exercises

- Create your personal Values–Vision Statement for future growth
- Choose one Vital (sleep, movement, nutrition, recovery) to focus on. What is your 30-day pledge?



DAY 3 TUESDAY 21 APRIL



3 HOURS (ONLINE)

MODULE 3

Entrepreneurial Mindset

Entrepreneurial Mindsets equips participants to turn their high-performance skills into career and business opportunities. Participants learn to spot and test ideas quickly, design low-risk experiments, and map opportunities via peer support. Through practical exercises and rapid experimentation, athletes translate resilience, discipline, and feedback skills into actionable career strategies.

Key Concepts

1. Turning performance into opportunity
2. Translate your athletic discipline into entrepreneurial thinking. Learn from Professor John Mullins' framework on opportunity recognition, low-risk testing, and iteration.

Highlights

- Create a network map
- Unlock the 'Entrepreneurial Mindset' and discover the benefit of actions over planning and resilience in iteration.
- Networks and resources to help you consider your professional life possibilities.

Featured Exercises

- Design a six-week professional experiment and network plan
- Learn six key entrepreneurial mindsets, and test and prototype new career or business ideas

WHAT YOU'LL GAIN

A GROWTH MINDSET

A GROWTH MINDSET VIEWS INTELLIGENCE, ABILITIES, AND TALENTS AS LEARNABLE AND CAPABLE OF IMPROVEMENT, AS OPPOSED TO A FIXED MINDSET, WHICH VIEWS THOSE SAME TRAITS AS INHERENTLY STABLE AND UNCHANGEABLE OVER TIME.

Your skills aren't static – they're the result of your effort, practice, and persistence.

By maintaining a growth mindset, you can avoid taking your skills for granted and capitalise on opportunities to grow and improve throughout your professional life.

LEARNING OUTCOMES

By completing Entrepreneurial Mindset, you will:

- Develop the ability to think creatively and apply entrepreneurial principles.
- Build confidence in broadening your identity, strengthen networks with peers, entrepreneurs, and business leaders.
- Translate learning into action through a personal project and mentorship.
- Gain the tools to lead with adaptability, purpose, and self-awareness.

YOUR TOOLKIT

Includes:

- **Personal Workbook**
 - reflection & identity mapping
- **Mentor Network Access**
 - Post-program support
- **Certificate of Completion**
 - endorsed by Phillips Coaching
- **Applied Project**
 - your personal career or business experiment
- **Tailored insights into your own work-related personality assessment**

FACILITATORS



**SIMON
LLOYD**
PHILLIPS
COACHING
CEO

With a Master of Applied Psychology (Sport) and over 25 years in elite sport, leadership, and human performance, Simon Lloyd brings deep expertise in helping individuals and teams reach their potential.

As CEO of Phillips Coaching, Simon guides participants through identity, leadership, and psychological adaptability—empowering them to perform with purpose, resilience, and self-awareness both on and off the field.



**BILLYMO
RIST PHD**
INTENTION LAB
FOUNDER &
PRINCIPAL

Dr Billymo Rist (PhD) is the Founder and Principal of Intention Lab, a business intelligence firm helping organisations turn data, creativity, and AI into a competitive edge.

With over 15 years' experience in professional sport and executive strategy, Billymo brings a unique blend of systems thinking, storytelling, and innovation to drive performance and growth.

As an Adjunct Professor at Torrens University, he equips emerging leaders with the tools to think strategically, lead with purpose, and embrace the future of business—powered by insight, creativity, and technology.

APPLY NOW

GREAT DOESN'T WAIT

START BUILDING YOUR NEXT CHAPTER TODAY.

Scan the QR code to secure your place today!



ENTRY & APPLICATION

Applicants should demonstrate commitment to personal development and curiosity for life beyond sport.

Requirements:

- Application form + short statement of purpose
- Interview (virtual or in-person)

FEES

- Program fee – \$3,200 (ex. GST)
- Explore your player association
 - This Course Player Association Education Grant meets AFL standards
- Payment plans for athletes exploring their next chapter.
- Scholarship and sponsorship options may be offered through partners.





PATHWAYS

Graduates of the Entrepreneurial Mindset are well-prepared to pursue opportunities in:

- ✓ Entrepreneurship and small business development
- ✓ Sport leadership and administration
- ✓ Coaching, mentoring, and athlete development.
- ✓ Personal branding and content creation
- ✓ Further study in business, psychology, or sport management

PROGRAM HIGHLIGHTS

- Peer-to-peer learning environment
- Direct access to industry mentors
- Research-backed frameworks and practical outcomes
- Certificate of Completion issued by Phillips Coaching
- Post-program mentoring

EXPRESSION OF INTEREST

Scan the QR code to find out more.

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