



5-Day

Peak Performance
Challenge



THE MASTER **MIND**
INSTITUTE



Before We Begin

Welcome to the Peak Performance Challenge, a 5-day program designed to help you master The 7 Vitals for a balanced, fulfilling life.

Over the next few days, you will be guided through focused sessions on Time Management, Nonromantic Relationships, Physical Health, and Purpose, with daily challenges to put what you learn into action.

Get ready to transform how you approach each day, enhance your well-being, and step into mastery.

Thank you for joining the Peak Performance Challenge.

Together, we're going to redefine what's possible.



Your Mental Health Experts:



RICARDO J. WHYTE, M.D.
ADDICTION PSYCHIATRIST

Dr. Ricardo J. Whyte is an experienced medical director with a demonstrated history of almost 20 years in the healthcare industry. He is skilled in healthcare consulting, case management, prevention, addiction medicine, and healthcare information technology (HIT). Dr. Whyte is a graduate of Atlantic Union College with a Bachelor of Science in Biochemistry, Cum Laude. He then earned his Medical Doctorate from the University of Connecticut School of Medicine. Dr. Whyte completed his Psychiatry Residency at Loma Linda University School of Medicine. Dr. Whyte went on to complete an Addiction Psychiatry Fellowship at the University of California, Los Angeles (UCLA) and achieved Double Board Certification in Adolescent and Adult Psychiatry as well as Addiction Psychiatry. Dr. Whyte is the current Section Chief of Psychiatric services at a community hospital in Southern California.

Dr. Whyte is the Co-Founder and CEO of the Master Mind Institute.



SURANEE WALESZONIA, PH.D.
CLINICAL NEUROPSYCHOLOGIST

Dr. Suranee Waleszonia is a licensed clinical psychologist, specializing in clinical neuropsychology. She obtained her doctorate in Clinical Psychology in 2014 from Loma Linda University, and completed her Internship at Mount Sinai Hospital in New York City, specializing in brain injury rehabilitation and spinal cord injury. She went on to advanced clinical training in neurocognitive disorders at UCLA's Semel Institute for Neuroscience and Human Behavior. She has served as a staff Neuropsychologist at St. Jude's Medical Center, and Casa Colina Hospital in Southern California, where she specialized in NeuroRehabilitation and cognitive therapy.

Dr. Waleszonia is the Co-Founder and COO of the Master Mind Institute.



What To Expect:

Over the course of 5 days, you will embark on an enlightening journey, exploring key aspects of The 7 Vitals under the expert guidance of mental health specialists, Dr. Ricardo Whyte and Dr. Suranee Waleszonia. Each day, you'll virtually connect with a community of like-minded individuals, all committed to enhancing their wellness. Through this interactive experience, you'll engage in daily challenges designed to encourage growth and accountability. By the end of this challenge, you will not only have gained valuable insights but also be equipped with practical, sustainable habits to positively impact your mental health going forward.

CHALLENGE DATES:

DECEMBER 3RD - 7TH, 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
December 3rd 7-8 pm PST	December 4th 7-8 pm PST	December 5th 7-8 pm PST	December 6th 7-8 pm PST	December 7th 7-8 pm PST
Challenge: Day 1	Challenge: Day 2	Challenge: Day 3	Challenge: Day 4	Challenge: Day 5
Welcome & Time Mastery	Relationships	Physical Health	Purpose	Wrap-up & Awards!



Agenda

Here's what you can expect from each session:

7pm PST Login and Welcome	<small>time</small> 5 min
7:10 - 7:30 pm Learn from the Experts	<small>time</small> 20 min
7:30 - 7:40 pm Introduce Daily Challenge	<small>time</small> 10 min
7:40 - 7:50 pm Q & A and Wrap Up	<small>time</small> 10 min



Why Join?

The Master Mind Institute's Peak Performance Challenge is designed to support your mental health by teaching you simple strategies that can help prevent or even reverse burnout, setting you up to focus on peak performance. Co-founded by Dr. Ricardo Whyte, an addiction psychiatrist, and Dr. Suranee Waleszonia, a clinical neuropsychologist, the program draws on established best practices to support healthy habits and effective lifestyle choices. In particular, it emphasizes the strategies Drs. Whyte and Waleszonia have found effective with their own 60,000+ patient contacts in their 30+ years of combined experience.

The Peak Performance Challenge is different primarily because it is focused on resilience. Unlike many other wellness offerings, our program goes beyond self-care or stress management techniques, which are useful tools, but do not address the root causes of burnout. Instead, our curriculum seeks to build personal resilience across The 7 Vitals™: time mastery, resource management, purpose, relationships, spirituality, health, and rest/recreation. Studies have shown that high personal resilience – defined broadly as the process of effectively negotiating stress or trauma in one's life – leads to better mental health outcomes.



Program Design

Our curriculum is influenced by longstanding, empirically supported treatment modalities such as cognitive behavioral therapy (CBT), solution focused brief therapy (SFBT), and motivational interviewing (MI), elements of which have been shown to positively affect burnout and burnout rates.

Drs. Whyte and Waleszonia have drawn on these modalities as well as their own extensive experience treating patients to develop a program that is uniquely rooted in psychological best practice.

What Users Have to Say:

“What I have found with the training I’ve been through so far is I’m definitely more thoughtful about and aware of burnout. I’m paying more attention to things I wasn’t even aware of before... things I didn’t know could even cause burnout.”

-Renee B., Technology Leader

“I immensely enjoyed the discussion of identifying one’s purpose. The subject of struggle is often uncomfortable, and society may view it as avoidable. However, I now see that struggle is necessary when accomplishing any goal.”

-Georgie C., Nurse



After the 5-Day Challenge

As our 5-Day Peak Performance Challenge concludes, rest assured, we won't leave you empty-handed.

For those of you who find value in this experience and wish to delve deeper into their personal growth journey, we will extend to you an exclusive opportunity to join the Killing Burnout Membership.

This is your gateway to explore in-depth the remaining aspects of The 7 Vitals™, immerse yourself in even more engaging challenges, and continue to thrive within our supportive community.

As a member, you'll also have access to monthly live calls with mental health experts Dr. Ricardo Whyte and Dr. Suranee Waleszonia, offering you ongoing guidance and support. This membership is not just a continuation of your journey but an expansion, accelerating your transformation towards optimal wellness and peak performance.