

RSTG Conference 2026

Neil O'Brien Presentation Key Points

Pressure creates 'speed' and 'busyness'. Should we go faster? No
Should we go slower? Maybe, should we get higher? Yes

Mental Fitness can be measured in 4 ways – mood, habits, direction and resilience.

Moods – defy logic, don't last long enough, aren't people (no such thing as a confident person), will change throughout the day, low mood and great mood are both normal, mood follows action.

Habits, the four foundation ones are move, eat, rest and tidy (or order), start with tiny changes to get them established – we'll improve them later.

Direction – stay close to your natural strengths, talents and abilities. What comes easy to you that others find difficult? Before you decide what you want to do next get really clear on what you have to offer.

Resilience has two levels – level one: survival resilience, which is a natural instinct, is about coping. Strategic resilience is: knowing what the basics are, being brilliant at them and, never neglecting them.

Brilliant Basics is the shortest route to outstanding performance.

Being able to tolerate small amounts of discomfort is a super power.

Self-respect comes from keeping the promises we make to ourselves.

Simplicity has a greater chance of changing behavior than motivation or willpower.

The number one most important wellbeing strategy is to spend more time in the company of good people.

Neil O'Brien May 2026.