

STA Workshop Plan

The AlphaMind High Performance Trading Development Programme

Intended Outcomes by Module

What They'll Get

Session 1: Introduction Session 'Let's start with the end in mind'

A foundational understanding of the programme, its purpose, and a deeper appreciation of how addressing the personal elements of trading is key to success in the markets. Participants will also be provided with tools to assist them as they progress on this journey.

Session 2: Markets, The Inner Game and The Performance Process Cycle.

An introduction to the core model that underpins this programme, serving as a framework for participants to enhance their engagement with markets, risks, and uncertainty, ultimately leading to improved performance.

Session 3: The Two Trading Approaches. Introduction

Participants will explore market randomness and its psychological effects, while also understanding The Two Trading Approaches Theory, helping them recognise their own trading style and relevant concepts for their approach.

Session 4: You, Your Playbook, and the 3 Ps of High Performance.

Attendees will delve into key High Performance concepts, explore how personal biases impact decision-making, consider the concept of their trading playbook, and identify personal characteristics that need to be understood more clearly to help them on their path toward continuous improvement in their trading behaviours and practices.

Session 5 - The Performance Process Cycle Part 1 – 'Being'

From this module, participants will have explored in depth the importance of understanding and consistently working towards their trading purpose, investigated the key 'Being' phase of the Performance Process Cycle, and learned mindset strategies that can help enhance clarity and resilience in trading.

Session 6 The Performance Process Cycle Part 2 – ‘Production’

Attendees will have examined the Production Process for trade ideas and conceptualisation, discussed analytical methods, learned to align their playbook from a risk management perspective with their trading views and actions, and prepared for better trading decision-making going forward.

Session 7 The Performance Process Cycle Part 3.1 ‘Performance Anxiety, Fear and Risk’

Attendees will explore the concept of 'Performance Anxiety' and its impact on people's trading performance. They will relate this to their own experiences and explore how improved risk management can enhance psychological safety.

Session 8 – The Performance Process Cycle Part 3.2: ‘Full Contact: Enhancing Risk Mastery in the Performance Phase’

Participants will explore the realities of working with radical uncertainty in markets, share personal experiences with loss and failure, and start to examine how to develop a healthier relationship with failure, in a way which starts to cultivate greater personal resilience.

Session 9 The Performance Process Cycle – ‘Letting-Go’

Participants will explore the essence of the key skill of ‘Letting Go,’ share personal experiences, learn its stages, identify barriers to progress, and receive practical strategies for developing this important ability which underlies trading success.

Session 10 The Fertile Void – Reseting and Returning to Being

Participants will explore the concept of the Fertile Void and how to return to an optimal state of being when taking risks. They will integrate lessons into their trading philosophy, develop intentional growth strategies, and engage in discussions for personal development and ongoing support beyond the end of this learning programme.