



· WITH THE RECRUITMENT NETWORK

Pause to *perform.*

Intentional pauses. Powerful results.



Three rules for the next hour

01

Remove every distraction

Phones away, notifications off.

02

Stay open-minded

Some of this will land differently than you expect. Let it.

03

Be present

Presence is how you perform at your best. *(Be where your feet are.)*

|| YOUR HOST

TRACEY *hill*

Founder of The Pause Effect — UK's Leading Performance Therapist & Mental Fitness Coach for Leaders, Entrepreneurs, Teams & VIPS.



As Seen

Startups.

THE GROWTH HUB.

owenjames

Mishcon de Reya

Pfizer

DREAM FACTORY

Red

INTERNATIONAL ASSISTANCE GROUP

WHY THIS MATTERS

The *pause* is the most transformational tool we have. Yet most never use it.

Which is exactly why burnout, stress, overwhelm and disease thrive.



The outta success you see is a
mask. The only real advantage is
the inner game.

Remove the labels, silence the ego - and meet the human
underneath. That's who we're working with today.

Three *pauses* to win the inner game

01

REFLECT & REFRAME

Get honest about what you think,
what you feel, and what you want,

02

RECOVER

Find the root, reframe, then
release instead of letting it fester.

03

RECODE

Let's Pause, Connect & Reset

Open your notebook - *Reflect*

-
- 01 A thought that's been quietly repeating and limiting your progress.
-
- 02 A feeling that's taking up more space than it needs to, and holding you back.
-
- 03 Something uncomfortable that you need to do, but fear or uncertainty is stopping you..
- + *Bonus: a desire — what do you want?*

From the story you inherited — *to the one you choose*

~~Why is this happening to me?~~

Life is happening for me, not to me.

~~Will anyone ever love me?~~

My worth isn't defined by who will — only by whether I will.

~~Who am I to do this?~~

Who are you not to?

~~What if this fails?~~

*What if it's the best thing I've ever done?
I win or I learn.*

~~What will people think?~~

I can't control that — but I'm proud of my effort.

"Doubt isn't the problem.
Obeying it without
pausing to question it *is*."

TRACEY *hill*

Choose the reframe you're going to tell yourself from today.

PAUSE: Let's practice one right now.

"Self-doubt is a great thing — it pushes me to play better."

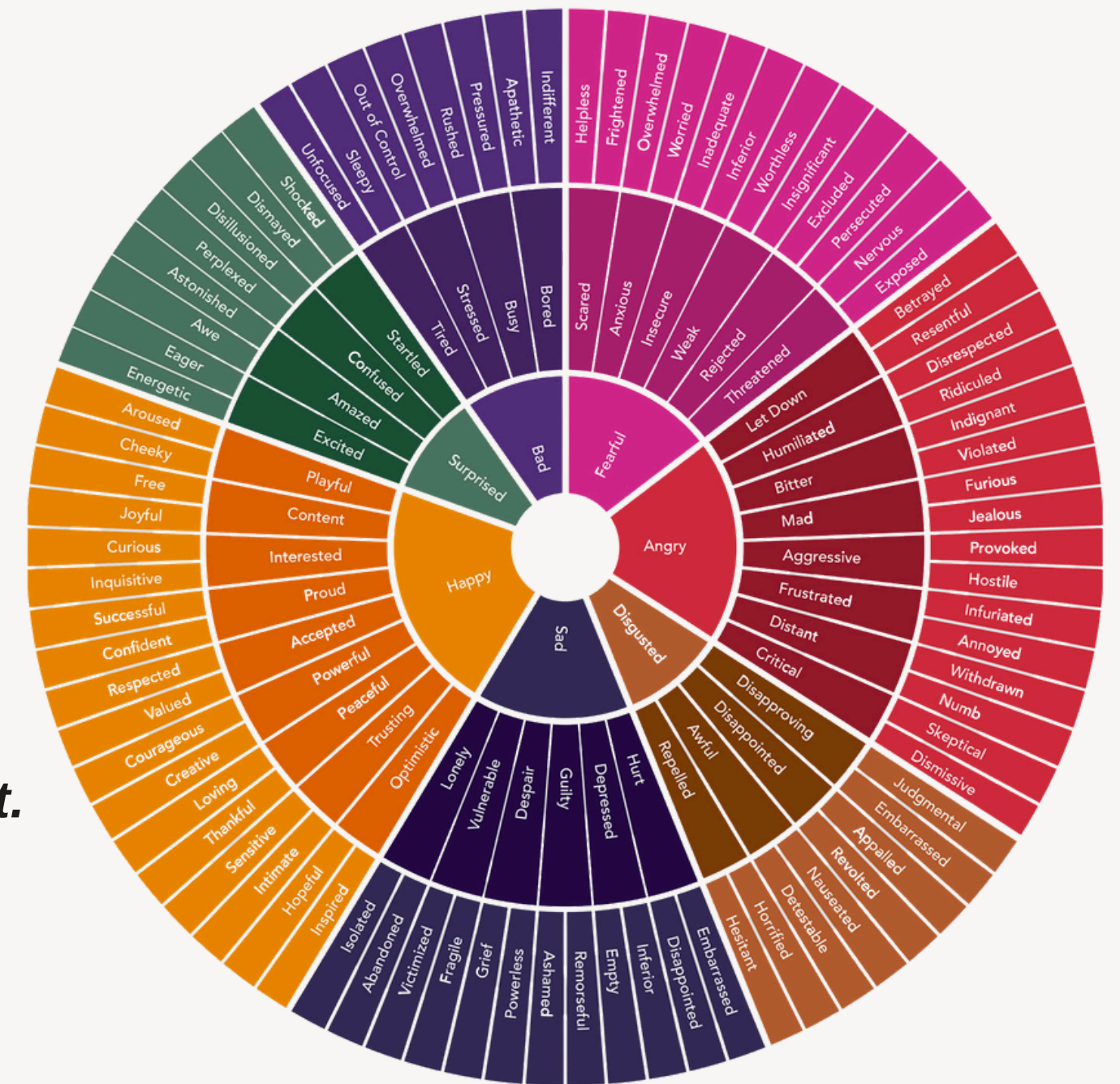
RAFAEL NADAL

"I achieve my success only by my receipt of failures."

MICHAEL JORDAN

Use your feelings, *or they will use you.*

After 90 seconds, the emotion has passed through your body; anything after that is self-inflicted. **Find the root, reframe it, then release it.**



|| THE POWER OF DISCOMFORT

Flex your discomfort muscle

One small uncomfortable rep a day builds the *self-trust* to go after more — and proves the danger your brain invents isn't real.

Sit in silence

Say hi to a stranger

Have the conversation you're avoiding

Put your hand up first

Ask someone on a date — or take a solo one

Sit with the difficult questions

PAUSE: What's one thing you can practice to flex your discomfort muscle?

If you can overthink the worst, you can rehearse the *best*.

Recode merges vivid visualisation, emotion in the present — the mind can't tell what's real from what's imagined.

FIVE TYPES —

Process

Outcome · today

Negative

Creative

Exploratory

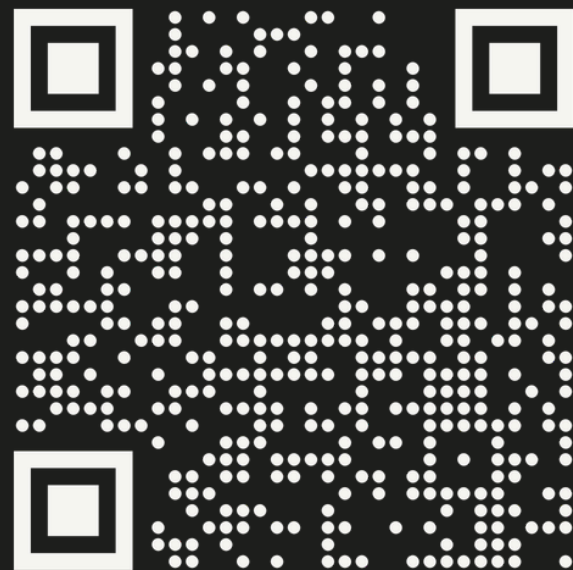


Continue to *Master your inner game*

01 · FREE

The Recode Audio

Download it free and practice, morning, noon, night, or all three.

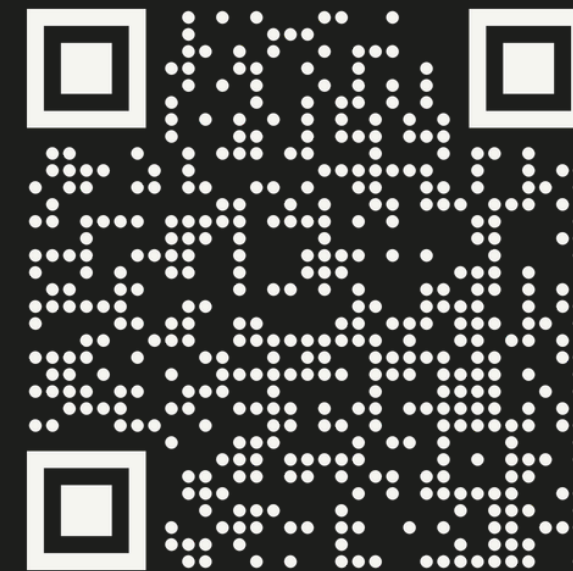


*Performance is the sum of small **pauses**, repeated daily.*

02 · 20 SPACES ONLY

Pause To Perform *Continued*

8-week cohort designed to transform your inner game, taking you from good to great. Not just in business, but in Life



Sign up in 48h: **TRN26**