

From the author of ***Successful Under Pressure***

Janez Hudovernik

HOW TO SUCCEED **UNDER** STRESS



**Seven Strategies to Be Your
Best When It Matters Most**

<https://www.successfulunderpressurebook.com>

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1. How to Succeed Under Stress

Let me state it loud and clearly. You have more control than you think you do. In this e-book, you will learn seven powerful tools that will help you succeed when you encounter challenges, important events, or common stresses such as work overload or interpersonal problems. They will help you be more resilient and put you in control of each day.

If these seven tools can help, imagine you have fifty-two of them at your disposal. And that is the promise of my book **Successful Under Pressure**. But I am getting ahead of myself. Let's explore these seven first, and you will be in a much better position to decide if you want to take further profound steps.

Nobody Performs Better under Stress

You can see in sports and business, as well as in everyday life, that some thrive under pressure while others become exhausted and even break under it. They feel so helpless and overwhelmed that they don't even try to deal with current challenges.

On the other hand, you will find people who quickly get through hardships and know how to deal with current challenges. They bounce back quickly; they literally shake the stress off and go on with their lives. Besides that, they get stronger and more resilient because of hardships. This e-book will help you join the latter group.

You have to understand that nobody performs better under pressure. Regardless of the task, the pressure causes stress which inevitably reduces the ability to accurately perceive our environment, focus, judge, and make decisions. Therefore, our performance is negatively affected.

Sport Is a Living Laboratory

The European Championship football final match (UEFA Euro 2020) Italy vs. England has proven that. The three England players chosen to take the penalty shots were the best in training. They all missed their penalty shot when it mattered most. When the stakes were high, they did not perform at their best. This is just one of the countless examples from sporting events.

Rehearsals and training are one thing, while competition is a different game level. In training, mistakes do not count—we consider them as a learning experience. In real life or in sports, there is often only “one shot.” We get one chance and have to perform when many things are at stake.

Sports stadiums and arenas are like live laboratories. There are a lot of crucial moments happening in a short time, and the spectators can watch everything live. It becomes obvious who has the ability to take pressure and perform well and who chokes and fails.

You Can Learn to Bounce Back

It seems that either we have this ability or we don't. Thankfully, that is not the case, as one can train and prepare ahead of time. This requires another kind of training—mental and emotional toughness training. Research from Dr. Albert Bandura shows that we can improve our chances of winning if we build our self-confidence and mental toughness. There are certain things you can do to raise up to the challenges that you will be facing.

In this e-book and in my book ***Successful Under Pressure***, I go beyond the common wisdom of sleeping well, eating right, getting physically active, love, and prayer. Yes, all this is common wisdom, prerequisites if you like—to be successful under stress, we need more and better tools.

Chérie Carter-Scott, Ph.D. MCC, author of *If Life Is a Game, These Are the Rules*



„It is both generous and kind for Janez Hudovernik to share so much information and techniques for us to place in our Successful Life toolbox. In these uncertain times, we need his research and experience to manage daily life. In my philosophical book, *If Life Is a Game, These Are the Rules*, I present successful universal truths. *Successful Under Pressure* is the perfect companion to my book in that it gives you tools to use daily for a myriad of situations. Upbeat, positive, and replete with so much information that you might need to order several copies for your home, office, and your car! Use it with clients, acquaintances, and even family members! Go for it! You'll be happy that you did!”

Important Notice!

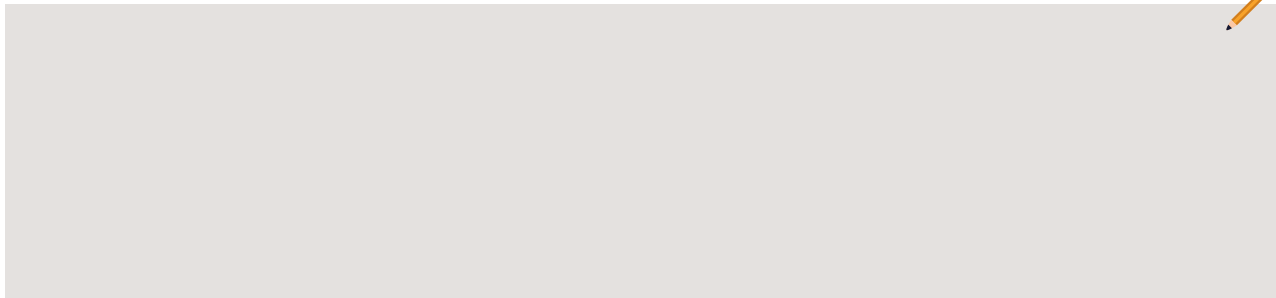
This e-book is designed to provide accurate information in regard to the subject matter covered. I am acutely aware that the techniques presented in this e-book are not intended to diagnose, prescribe, or treat any disease of physical or mental origin. These are not therapeutic techniques but self-help techniques. They are also not intended to replace regular medical or psychiatric care. This material does not require the cessation of any prescribed medications for physical or mental treatment.

Neither the author nor the publisher makes any representations, warranties, or commitments regarding the suitability or appropriateness of the methods presented for any particular purpose or personal situation.

2. How to Influence Our Feelings

Imagine that I give you this task. You have the opportunity to earn \$10,000 if you produce a tear of sadness in three minutes. You should not help yourself with any aids, e.g., onions, tear gas, or have someone rub your eye. In short, you need to shed a tear of grief on your own. But there is another side to the task: if you fail, you have to pay \$10,000.

So you have to be successful under pressure. Are you ready to accept this task? If yes, what would you do to produce a tear of sadness? Take a moment and write down your “recipe.”

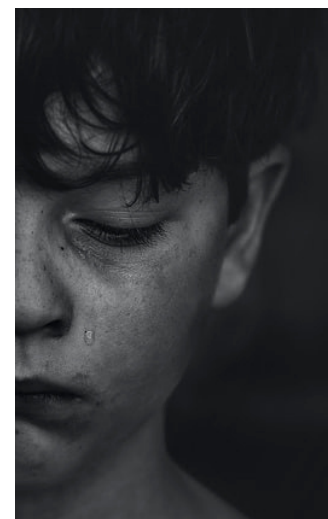
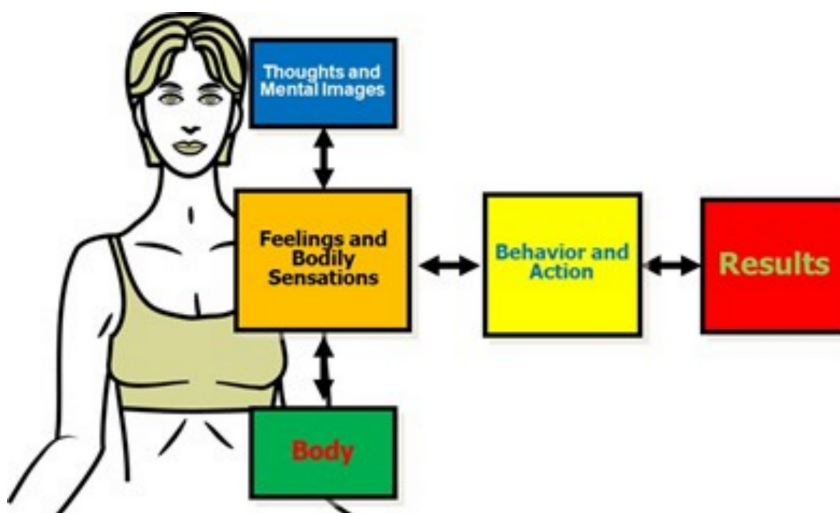


Let's check your knowledge. First of all, a tear is the result and the consequences of something, right?

Tear of Sadness

As shown in the picture below, we can influence our emotions and bodily sensations through our thoughts and perceptions. We can visualize a sad event and/or start thinking about it. These are the two basic ways the brain works: through pictures and words.

In addition, we can also influence our mood through the body. Research shows that each emotional state (in our case, sadness) has its own “fingerprint”—its own specific physiology.



Each emotion has a specific breathing pattern. Change your breathing, and you will change your emotion. Each emotion also has its own physiology or body posture. Try to be sad when you are standing upright, head up and with a smile on your face. Difficult, isn't it?

There are two channels: body and mind, and five key ways to influence our feelings and, with that, our mood and attitude:

Visualization



Affirmation



Body language



Facial expression



Breathing



In the book ***Successful Under Pressure***, you will find fifty-two techniques and strategies that use body and mind in combination or separately. You will have an arsenal of the best proven life tools at your disposal.

Tadej Gosak, CEO at Titus Europe

What they said



„The book *Successful Under Pressure* is not just a business handbook, but a collection of wisdom for a higher quality of life. Janez knows how to gather and explain all these pieces of wisdom and shows you how to use them. I recommend not just reading it, but it's even more important to introduce the tips into your life. Thank you, Janez!”

Grab your copy and enjoy the benefits:

<https://www.successfulunderpressurebook.com/>



3. Shake Out Your Stress

As we have seen, our body is a great tool in itself. We have to use it properly. Yogis and yoga teachers know this already for thousands of years. What are asanas (yoga body postures)? They are tools that help you manipulate the body. And each asana will bring different results.

In this e-book, let me share a great technique that is insufficiently known and used—**shake off** your stress. Have you ever seen what a dog does after a stressful event? It shudders. When a dog encounters danger, it first gets the chills. This is a physiological stress response: the dog's fur plumps up and makes it look bigger, stronger, more threatening—it is in a state of readiness to flee or fight. When the danger passes, the dog shakes the stress out of its body. It starts at the head and shakes down to the tail. It shakes off the tension and moves on with its life.

What about us? Every day we are facing real and perceived stresses and accumulate tension in the body. Naturally, our body wants to get rid of it. And what is our most common strategy? Self-medication with alcohol, cigarettes, drugs, food, etc. This always has unwanted side effects. But who cares? It gives us relief for the moment. Not good.

I recommend you do what our best friend does. Shake it off. This is a natural response of the body. After a stressful event, when you get home from work, or just deliberately get up during the day and start shaking.

How to do it? Get up, smile, place your feet shoulder-width apart, bend your knees slightly, and start shaking. First the legs, then the body, the shoulders, and finally the head. Shake it up, baby! Let the whole body shake. Shake it for two minutes or more.

You will immediately feel a change of energy, a higher level of attention. You will be filled with energy, and you will become more present.

Nejc Hodnik, two-time NoGi European champion in Brazilian jiu-jitsu

What they said



„As a competitor in Brazilian jiu-jitsu, I read a lot of books on mindset, visualization, and relaxation as mental readiness is extremely important in sport combat. The key to winning is to react properly under pressure and, of course, not break. I'm really excited about this book as it covers all the areas that are important for superior "performance." In addition to getting to know visualization, relaxation, breathing exercises, and meditation better, as I read the book, I also began to connect these areas with each other. Finally, there is a book that comprehensively explains the field of success and is intended for everyone—from athletes and entrepreneurs to parents who would like to live a more relaxed and productive life."



4. Gain Control With Your Breathing

There are thousands of breathing techniques available to us. Numerous studies and research have provided a relevant scientific basis for the benefits of breathing. According to the data, they can improve our mood, attention, overall health, and even our capacity for work.

Bellow, I will show you one simple but very powerful breathing exercise. Even if you are new to breathing techniques, you will experience results immediately. Within ninety seconds to three minutes of practice, you will begin to feel the calming effects and relaxation. Those of you, my dear readers, who practice breathing techniques, yoga, or meditation regularly will enter recovery states even faster.

4-7-8 Exercise (or the Relaxing Breath)

You can do it anywhere. Yes, the best tool is always with you. If you are a beginner, I recommend you do it comfortably, sitting down with your back straight. Follow these steps:

- Exhale through your nose—do a sort of a relief exhalation—sigh deeply with a vocalized “ha.” Sighing promotes a neurological response that releases stress and anxiety.
- Close your mouth and press your tongue against the palate and silently inhale through the nose, then count to four in your head.
- Hold your breath and count to seven.
- Exhale completely through your mouth and then count to eight. The exhalation should be loud and slow.

This is one cycle or one breath. Now inhale again and repeat the cycle three times to make four breaths or more.

Caution: If you are a beginner, you may feel light-headed after doing this for the first few times, and this is completely normal. Therefore, I advise you to try this technique sitting or lying down to prevent dizziness or falls. When you get proficient, you can do it in any position. Do it as long as you get the desired results. Be careful to maintain the ratio 4-7-8 described above. If the 7-second hold on full lungs is too difficult for you and you can do only 3.5 seconds, then you adjust the ratio: 2-second inhale, 3.5-second hold, and 4-second exhale. Got the idea?

This breathing exercise naturally relaxes the nervous system. Here are the key benefits you will get, especially with regular practice: reduced anxiety, it will help you fall asleep faster and manage different sorts of cravings, it helps you control or reduce anger responses. Not bad for ninety seconds to three minutes, don't you agree?

If you want to go deeper into breathing, I recommend my book **Successful Under Pressure**, where you will find the seven best breathing techniques to manage your emotional states.

Some of the breathing techniques will help you get calm; some will help you get ready for an important event, and others will help you compose yourself when you fail. I can assure you that if you want to become a high achiever, failing many times is inevitable.

It is not a question of whether you will fail or stumble, but how quickly you will bounce back. In sports and in life there is a new match or negotiation or important work to do every day. Sports fans and your employer do not care about your feelings—they expect from you only your stellar performance.

Tools and techniques I have presented in my book **Successful Under Pressure** are used by corporate CEOs, high-performance professionals from all areas of life, not to mention Special Forces and other elite military units, top athletes, fighters, and others. You will find tools to help you navigate through challenges and daily sufferings or will help you to prepare for the battles you face.

Grab [a copy of the book](#) and start using them now.

5. Homemade Cryotherapy

You've probably heard of Kneipping, which is a form of water treatment. The originator was the German priest Sebastian Kneipp, who got the idea while studying ancient books; similar therapies were already known to the ancient Romans. As a child, he was very ill, and as a student, he started bathing in the cold Danube, and a sort of miracle happened. His illnesses and maladies went away—these cold baths helped him to recover.

Today, Dutchman Wim Hof is probably the biggest supporter and promoter of cold therapy. He is nicknamed the Iceman. I admit that I was also impressed and started flirting with this ancient and tried practice myself.

The Beginnings

After a few days of just watching his videos and reading about the benefits, I got intrigued and decided to try. This is now already five years ago. First, I started by finishing my shower with cold water.

Does it make you cold, just at the thought of it? Me too. And it still does. Every morning. But I do it anyway, and I recommend you start using a cold shower as well.

This morning ritual helped me to finally become aware that more personalities reside in me and that this is something completely normal. Namely, every morning I have a conversation with my alter ego, which regularly tries to distract me or talk me out of this “stupid and masochistic” idea.

After all these years, he has calmed down a bit and apparently surrendered to fate, but he is still trying. Especially on days when I haven't slept well or long enough or when I'm not in the best psychophysical condition. Thanks to perseverance and, last but not least, the positive benefits, I formed a habit during this time, and now it is already part of my routine—it is difficult for me not to do it.

Give it a try, and if nothing else, you will see how interesting this internal dialogue is. How to do it? You will find that—yes, you know already—in my book *Successful Under Pressure*.

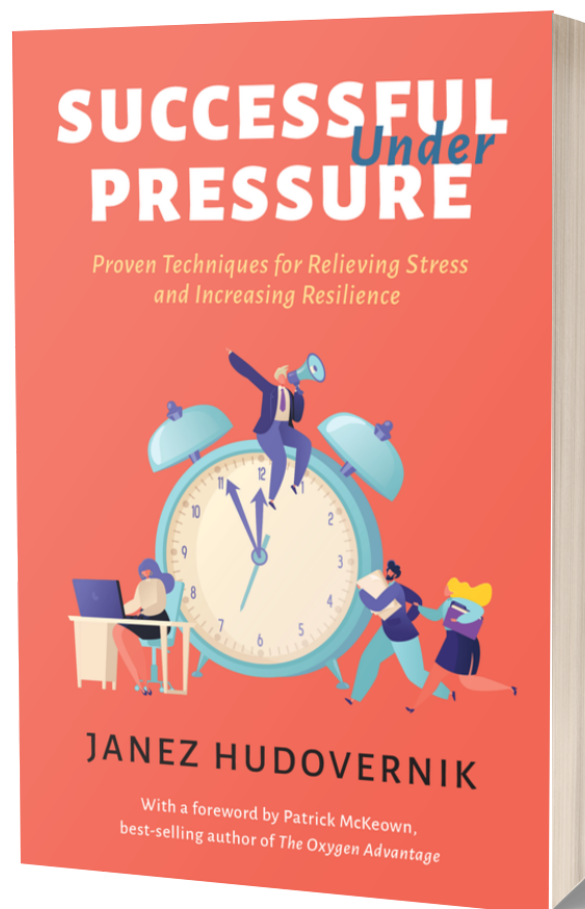
Key Benefits

This is one of the best hormetic practices you can do. It involves short-term dosed stress to allow the body to adapt and improve its functioning. Here are some key benefits in a nutshell: your body will start producing more mitochondria—crucial organelles for your energy—it reduces inflammation, improves insulin sensitivity, and stimulates autophagy—weak and damaged cells die and make room for healthy ones, and much more.

We Are All a Work in Progress

Every human is **a work in progress**. We are never complete. It is wise to make use of the tools in order to make more progress in our work. What do I mean by tools? Tools are practices, simple techniques, strategies that help you make wiser decisions and act better. Gary Craig, founder of the energy technique EFT (Emotional Freedom Techniques), said that you do not need to believe in EFT—just do the tapping. This is worth repeating; you do not need to believe in the tools—you just need to use them. Using them enables you to fulfill more of your potential.

In ***Successful Under Pressure***, you will find a whole arsenal of such tools. They are time-tested, and they have been and will be used by those we call Titans—superachievers. Now you can use them as well. You can use them whenever you find yourself stuck, without energy, defeated, under stress ... and they will help you bounce back quicker. You can use them as well to prepare yourself to be the best when you have to perform—when there is an important job ahead of you. Just use them when you need them!



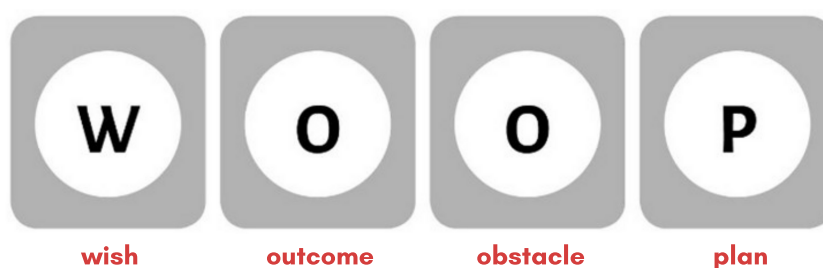


6. WOOP to Success

This is one of the best visualizing practices you will find. There is much written about visualization and how to do it. Many of the advice and recommendations are made with goodwill, but some are plainly wrong and won't help you achieve your goals.

In this e-book, I will show you how to use an exceptional visualization technique called WOOP.

This technique was developed by Dr. Gabriele Oettingen. The process consists of four stages and, by using it, you will improve your visualization and increase the probability of achieving results.



Let me explain it to you with practical examples. For many of us, it is useful and immediately applicable.

- ▶ **Wish.** Start with your wish. Let's say you want to achieve an ideal physique. Visualize the final results and all the positive feelings that come along. Enjoy daydreaming, but not for too long. Why? You will find out in my book.
- ▶ **Outcome.** Then set a specific goal that will bring you closer to your dreams. Something that is under your control. In our case, it could be to run six kilometers three times a week. Visualize and relive how you will feel afterward: calm, balanced, confident, full of energy, proud . . .
- ▶ **Obstacle.** Now focus on the biggest internal problem(s) you need to overcome to execute this action. For example, you are a chronic procrastinator, you come home tired from work, it's raining outside, it's too cold, too warm ... what could get in your way? List down everything.
- ▶ **Plan.** Take your time and devise a plan in which you write down all the possible strategies using the phrase „If . . . , then I will.“ „If I have a desire to procrastinate, I will immediately change clothes, put on sneakers, and go for a walk.“ „If I get the idea to raid the fridge, I'd rather drink a glass of water.“ **If . . . , then I will . . .**

With WOOP, you will be much more equipped to handle possible temptations and obstacles. There will be less surprises because you planned for them. You will be even more motivated to take action, and you will be even more likely to achieve the set goals. Give it a try.

Kasia and Patryk Wezowski, award-winning filmmakers, directors, producers, record-breaking fundraising experts

What they said



„This is a great book for our times when rapid changes in technological advancement increase the pressure at a workplace, creating a huge amount of stress on our system. Too many people are not able to manage their level of performance well. Janez shares in this book his amazing best-performance tools based on twenty-five years of his work. We not only met Janez, but our film crew filmed him in the action of coaching his clients as part of our documentary about coaching called LEAP among other great names such as Marshall Goldsmith, Jack Canfield, and John Gray.”

7. Use Affirmations Effectively

Affirmations are not magical but are one of the easiest success tools you can use. They have their pros and cons. If you want them to bring you results, do them properly and regularly. Implementing affirmations is easy. You choose a positive statement that you want to come true, and you repeat it to yourself.

I recommend that at the beginning, you write down your affirmations. Writing helps you maintain a true emotional and mental state. Another important fact in favor of writing is that when you're in a stressful situation, there's no time to think about what you're going to say to yourself. Then you need to know how to act. Take some time and write them down.

When writing your affirmations, consider the following recommendations:

- They should be written in the present tense as if they have already happened.
- Keep them short, so you can memorize and repeat them.
- Make them realistic, exciting, and relevant to you.
- They may be written in the first person or in the second person as if you were saying them to yourself. You can also include your name.
- Make sure there are not too many of them and that they are really important to you and support your goals and mission.

Examples

- *I am energetic and resolutely dealing with problems.*
- *I feel peace, joy, compassion and love.*
- *(Your name), you're enjoying healthy food and becoming more fit.*
- *I manage my time successfully and have a sense of control over my life.*

Repetition of affirmations in self-hypnosis, meditative, or the relaxed state further helps to hardwire these messages on a subconscious level, which can lead to positive changes.

You have a whole range of applications available to help you with your affirmations. I recommend ThinkUp: <https://www.thinkup.me/> or Shine: <https://www.theshineapp.com>

Dr. Miha Škerlavaj, vice dean and tenure professor at the Faculty of Economics and Business, University of Ljubljana



„Dealing with hardship and stress is the key to resilience. During the global pandemic, the research and practice of resilience moved from the periphery to the very mainstream. Successful Under Pressure is a book which contributes to this growing field with an overview across the repertoire of practical skills, techniques, methods, and approaches in this domain. An excellent professional handbook for all of us facing life with its ups and downs.”

8. Self-Hypnosis Reset Technique

As a child, I was mesmerized by hypnosis. I remember joining a hypnosis stage show in the 1970s. It was quite fascinating, and I volunteered to be hypnotized. I was overwhelmed by the experience and, wherever there was such a show, I joined in myself. However, such shows ended in the 1980s. And it took me more than twenty years to rediscover hypnosis. I am glad that I did.

I now use this powerful technique, which can be easily learned, almost daily. Understanding the principles of hypnosis can help you understand the working of your subconscious mind. More on that in my book. Here's a taste ...

Self-Hypnosis Technique 3-2-1

When you don't have much time or for some other reason (stress, low energy, not feeling good ...), and you need a quick solution, I recommend a technique by Dr. Richard Nongard, a well-known hypnotherapist. It will take one minute of your time and is very useful when you want to "reset" yourself and don't have much time. Of course, you can prolong it if you want.

How to do it?

You can do it while standing up, sitting, or standing and with your eyes open or closed.

3. Three breaths. Put all your attention on your body and take three deep breaths with your diaphragm. You can use the 4-7-8 breathing technique or 3/6 ratio, which means a 3-second inhale and 6-second exhale. Focusing on your breathing makes you present.

2. Two arms. Embrace yourself with both arms. Put your right hand on your left shoulder and your left hand on your right shoulder. In this way, you connect your body and mind.

1. One minute. Remain focused on your breathing for one minute. You can also spend more time doing that because you will see that it brings a really pleasant feeling.

Before you open your eyes and return to a waking state, you can also use affirmations or do a short visualization in a few seconds about how you want to act. Then open your eyes, smile, and focus on your task at hand.

Although this is a very short self-hypnotic exercise, the results will be very good. 3-2-1. Three breaths in, two hands, and one minute of focused attention. You can learn this technique really fast. Put down this book and do the exercise now. See, you've already learned it! Do it several times a day and, let me say it loud and clear, the more frequently you do it, the better results you will get.

Dr. Richard Nongard, author of *The Self-Hypnosis Solution*

What they said



„Some books talk about a problem. This book gives real solutions. Resilience is the key element in being able to withstand pressure, and the good news is that by following the brilliant techniques offered by Janez Hudovernik in this book, you can build the resilience in both your personal and professional life that is required in this modern world.”



9. Meditation

If you wish to achieve the best results and live a healthy, balanced, and vital life, you need to take time for yourself. Start loving silence. You owe this to your body and mind. Take time and spend it in silence. Just sit and meditate. You don't have to attend any special meditation courses, although I recommend them. It's simply enough just to sit down and follow instructions presented later on in this book.

Use the 7D2M approach = 7 Ds To Good Meditation

1. **Develop the routine:** preferably at the same time in the day and the same place.
2. **Do it:** take five or ten minutes (or whatever time you want to invest). Set up a timer.
3. **Dignity:** assume a comfortable seated posture, spine erect, eyes closed.
4. **Define** intention and focal point: what is your purpose of meditation, and what will be your anchor? A mantra or your breath? I choose breath.
5. **Distraction:** be aware that there will be: perceptions, thoughts, emotions, and body sensations. Remember, this is natural, and they are not your enemies.
6. **Determination:** when distractions, especially thoughts, come, become aware of them and bring attention back to your breath or mantra. You cannot and you do not want to get rid of your thoughts.
7. **Discipline:** stay with it and develop a new habit. Meditation is ultimate mind training.

Now you know. **Just do it.**

And remember, you *don't meditate to get better at meditation*. There is no such thing as a perfect meditation. The purpose of meditation is **to be better at life**.

Are you're ready to become more resilient, better under pressure and more optimistic?

„YES, I WANT TO BECOME MORE RESILIENT!”

Check it out before you invest in your coaching. If you are interested and want to learn more about my coaching style and what you will get, you can ...

Book a Free 30-Minute Discovery Session

IMPROVE YOUR RESILIENCE

And see if I can help you achieve your goal. As your coach I will be your guide. I will show you the way, work with you side by side and help you tap into your true talents and abilities so that you can achieve your goals faster.

In my coaching practice I work one on one with business owners, executives, managers, entrepreneurs, athletes, and others who want to improve their performance and energy management.

I am offering a free 30-minute one on one sessions, so that you can see if we can work together and what benefits you will get.

In this session you will:

- ✓ Experience firsthand **what coaching sessions would be like** and what you will get out of them
- ✓ See if I am the **right coach** for you
- ✓ Get more information of **what awaits you in our journey** together and what you can expect

I have a **limited number** of available time slots therefore I recommend you to reserve a spot as soon as possible. **Are you ready** to take the first step to become more resilient, better under stress and more optimistic?

**I want to book a Free
30-Minute Discovery Session**



NOTE: SIMPLY CLICK THE LINK ABOVE, select the next available time slot and enter your contact details. You'll automatically receive an email with all the details you need to join me on the chosen time and date.

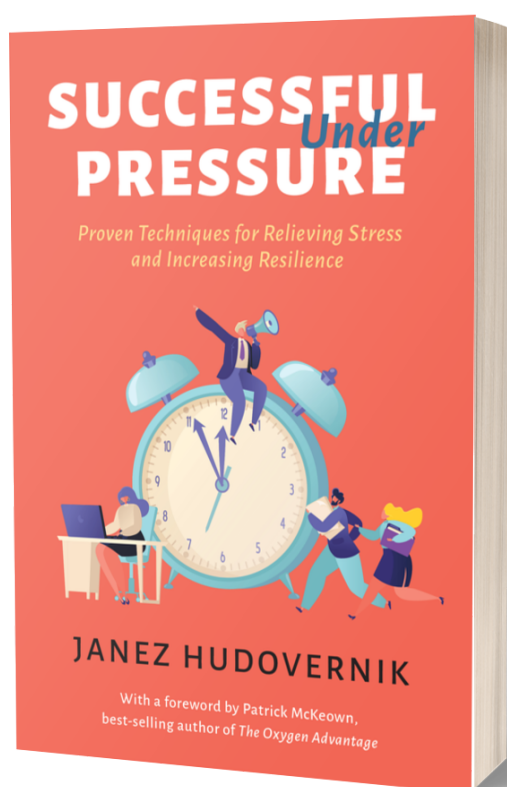
10. What Could Be Your Next Step?

1. Buy a Book

Successful Under Pressure: Proven Techniques for Relieving Stress and Increasing Resilience

Discover the best strategies to perform when things get tough.

Buying a book gives you **additional benefits**. You get a **50% discount** on all online courses and 30% on coaching.



Who doesn't want to be more **resilient, optimistic, and powerful**? To be the best when it matters most? The solution: use the tools from this book.

Imagine you get the best tools to accomplish that in one place. Your search can finally end, and your journey to success, high performance, and well-being begins.

Successful Under Pressure provides you with **fifty-two time-tested techniques** for relieving stress, improving resilience, optimizing performance, and increasing personal energy when facing challenges. It gives you the answer to the question: „What techniques and strategies can I use to be the best when it matters most?"

Strategies and interventions are presented in an easy-to-understand and practical way. You don't need to be a psychologist or a sports coach to figure them out. After applying them, you will quickly get results. Regular use will make it a habit, and habits make our lives.

How much would you pay for a life-changing tool? How much is a new, healthy, and productive habit worth to you in the course of a decade or a whole life?

In this book, you will learn how to:

- Prepare well for important events and reduce nervousness.
- Develop mental toughness and stay calm under pressure.
- Recover quickly after stressful events.
- Increase your self-discipline and self-confidence.
- Use your hidden resources to improve your mood and maintain an optimistic attitude.
- Harness the power of visualization and affirmations.
- Master rituals and build new success habits.
- And much more.

„I've known Janez for a number of years. He is genuine and passionate about helping people reach their full potential. Life has presented him and his family with extreme adversity, and he draws on decades of personal experience in order to give back. This is not a book about theory. I have no doubt that the tools in this book helped Janez to thrive and that they will help you too.”

Patrick McKeown, author of *The Oxygen Advantage* and *The Breathing Cure*

2. Engage Me as Your Coach

I work with leaders, entrepreneurs, salespeople, and top athletes and I am the right one for you if you want to learn advanced methods of personal energy management, breathing, and resiliency.

Just email me: janez.hudovernikeproacta.si or [schedule a call](#).



3. Online Courses

Online courses are based on the book ***Successful Under Pressure***.

Both courses are delivered online in a live virtual classroom environment by Janez Hudovernik over four 90-minute sessions.

You can choose between:

- **Successful Under Pressure: Explore. Adapt. Build.**
- **Breathe Fully: Change your breath and change your life**

You will meet, participate, and interact live each week with Janez and fellow participants. Participants say that Janez's courses are: *Energetic, Entertaining, Educating, Empowering.*

Buy the book and get a 50% discount on online courses and 30% on coaching.

Check for dates and course details:

<https://www.successfulunderpressurebook.com/> 

4. In-House Training

You can bring me to your organization to train your employees in Energy Management and Resiliency. I will teach you and your team advanced peak performance strategies that will help you be the best when it matters most.

Visit <https://www.successfulunderpressurebook.com/> 

Check out other **free resources**:

<https://www.successfulunderpressurebook.com/free-resources> 





11. About the Author

Janez Hudovernik is known as an educating, empowering, and entertaining public speaker, trainer, and coach. He focuses on Leadership and Personal Mastery. In his 30-plus years of working experience, he has delivered workshops for more than 50,000 participants and coached for more than 7,000 hours.



He is a true believer and practitioner of never-ending improvement and education. He is a voracious reader and has a library of more than 1,000 titles on human performance.

He is the co-author of bestselling books in Slovenia: *How to Build a Winning Sales Team*, *One-Minute Fitness for Body and Soul*, and *Become a Pilot of Your Business* (all at the moment only available in Slovenian language).

His new book ***Successful Under Pressure: Proven Techniques for Relieving Stress and Increasing Resilience*** is already a bestseller in his country Slovenia. There is an audio version available at <https://www.audible.com/>

Certificates and Licenses He Has Obtained:

- ✓ Certified Breathing Instructor according to the Oxygen Advantage® method.
- ✓ Psychological Fitness Specialist (Human Potential Institute; Dave Asprey and Dr. Mark Atkinson).
- ✓ Resiliency Trainer (Adaptive Learning System).
- ✓ Certified Executive Coach at Stakeholder Centered Coaching by Dr. Marshall Goldsmith.
- ✓ Executive Coaching (Performance Consultants International, student of Sir John Whitmore and Tim Gallwey, who introduced the GROW model and the principle of the inner game).
- ✓ Certified Trainer for persolog Personality Model (popular DISC).
- ✓ Certified Trainer for conducting sales workshops according to the SPIN Selling method (Huthwaite International).

Janez is the expert leaders, entrepreneurs, salespeople, and top athletes study with to learn advanced methods of personal energy management, breathing, and resiliency. You can bring him to your organization to train your employees in Energy Management and Resiliency.

He lives in a village near Bled, Slovenia, together with his wife and four children.

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Thank you very much in advance.

<https://www.successfulunderpressurebook.com/>

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