
Expert Insights for Optimal Performance Series

In a high-risk, high-pressure industry, performance and resilience are critical to achieving consistent success. How can advisors and their teams operate at their very best? Fortunately, many of the skills and techniques that foster optimal performance can be learned—including proper mindset, mental toughness, and effective decision-making under stress.

Join us for an exclusive virtual series with Dr. Eric Potterat, a leading expert in individual and organizational resilience and performance enhancement in challenging occupations. You'll learn the importance of grit, balance, and a growth mentality. Dr. Potterat will teach actionable techniques you can implement right away — plus the what, why, and how behind each method.

Program Logistics

The series runs from November 2021 to September 2022. Each session includes approximately one hour of prepared remarks followed by Q&A. All sessions will be held virtually.

Sessions

Learned Excellence: Key Techniques of High- Performing Individuals and Teams

Wednesday,

November 10, 2021

2:00pm – 3:15pm ET

Being able to successfully perform under pressure is a learned skill. In this virtual session, Dr. Potterat will share eight research-backed techniques for optimal functioning in a high-stress, high-performance occupation. You'll discover new approaches and why they work, then learn how to deploy them in your daily life.

Thunderstruck: 10 Characteristics of Legacy Performers

Thursday, March 3, 2022

2:00pm – 3:15pm ET

What do Roger Federer, Jeff Bezos and Mark Zuckerberg have in common? They're truly elite outliers within their verticals. In this virtual session, Dr. Potterat introduces the 10 characteristics of such 'legacy performers'—traits that help people optimally perform and navigate adversity and pressure. Through a better understanding of these attributes, you'll learn how to achieve better team dynamics, higher productivity, and more consistent success.

Mindset: A Blueprint of Certainty During Uncertain Times

Tuesday, May 24, 2022

2:00pm – 3:15pm ET

Discover the power of mindset, a potent tool directly correlated to productivity, health, efficiency, and the ability to be resilient and happy. Best of all, mindset is not genetic—we choose it. In this virtual session, Dr. Potterat shares his expertise about the applied and actionable characteristics of a successful mindset along with nine evidence-based methods to improve your own mindset.

Special Crowd-Sourced Topic

Tuesday,
September 20, 2022
2:00pm – 3:15pm ET

Dr. Potterat will curate his final session based on feedback from you, our SPDR ONE clients. Stay tuned to see what high-performance topic this special presentation will highlight.

Speaker



Dr. Eric Potterat

U.S. Navy Commander, High Performance Sports Psychologist

Eric Potterat, Ph.D. is considered a leading expert in individual and organizational resilience and performance enhancement in high-risk, high-performance occupations. A retired U.S. Navy Commander, Dr. Potterat served 10 years as the psychologist for the U.S. Navy SEALs. He has consulted with numerous professional and collegiate sports teams, NASA and Fortune 500 companies. Currently, Dr. Potterat is employed by the Los Angeles Dodgers.

As a SPDR ONE client, you will receive email invitations to each event in this series as it launches. In the meantime, please reach out to your SPDR Regional Consultant for more information.

For Investment Professional Use Only.

Your acceptance of this gift and/ or entertainment is an acknowledgement that this gift and/ or entertainment are consistent with your organization's internal policies and applicable regulatory requirements.

Standard & Poor's®, S&P® and SPDR® are registered trademarks of Standard & Poor's Financial Services LLC (S&P); Dow Jones® is a registered trademark of Dow Jones

Trademark Holdings LLC (Dow Jones); and these trademarks have been licensed for use by S&P Dow Jones Indices LLC (SPDJI) and sublicensed for certain purposes by State Street Corporation. State Street Corporation's financial products are not sponsored, endorsed, sold or promoted by SPDJI, Dow Jones, S&P, their respective affiliates and third party licensors and none of such parties make any representation regarding the advisability of investing in such product(s) nor do they have

any liability in relation thereto, including for any errors, omissions, or interruptions of any index.

State Street Global Advisors Funds Distributors, LLC, member FINRA, SIPC, One Iron Street, Boston, MA 02210.

© 2021 State Street Corporation.
All Rights Reserved.
657050-3697874.1.1.AM.RTL 0821
Exp. Date: 08/31/2022