

The background features a complex arrangement of interlocking gears in various shades of grey and blue. A prominent golden compass rose is centered in the upper right quadrant, with its needle pointing towards the top right. The compass face includes cardinal and intercardinal directions (N, NE, E, SE, S, SW, W, NW) and numerical markings around its perimeter. The overall aesthetic is industrial and technical.

THE MASTERY BLUEPRINT

How to Upskill Fast...

And Actually Enjoy it

JULIAN HITCH

Maybo Annual
Conference 2025

MY STORY

It started with a simple question:

How can I achieve more out of life?

Then another:

How do I help others improve—faster?





QUESTIONS FOR MASTERY



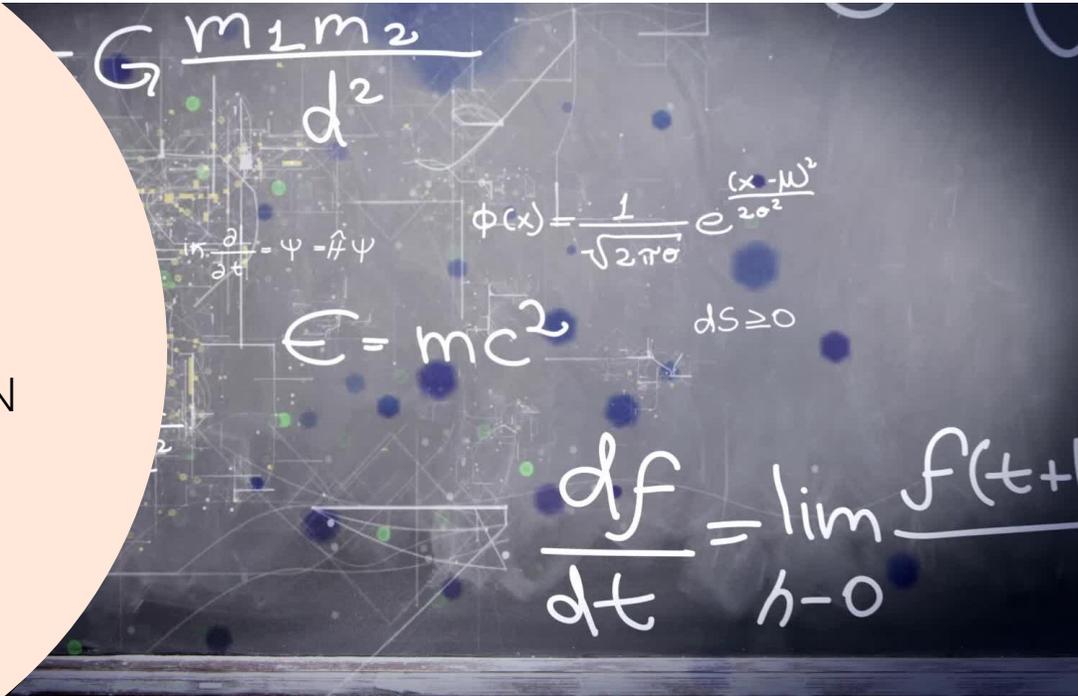
- Do people actually significantly improve over their career?
- Are there fundamental principles to become wiser and more skilled?



WHAT ABOUT YOU?

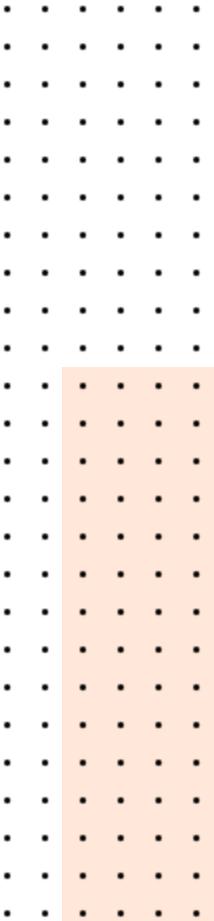
MASTERY AND UPSKILLING IS BOTH A **MINDSET**
AND A **UNIVERSAL FORMULA**

MY
REALISATION



WHERE DO WE
START?

EVERY TRANSFORMATION STARTS
WITH THESE THREE CATALYSTS...

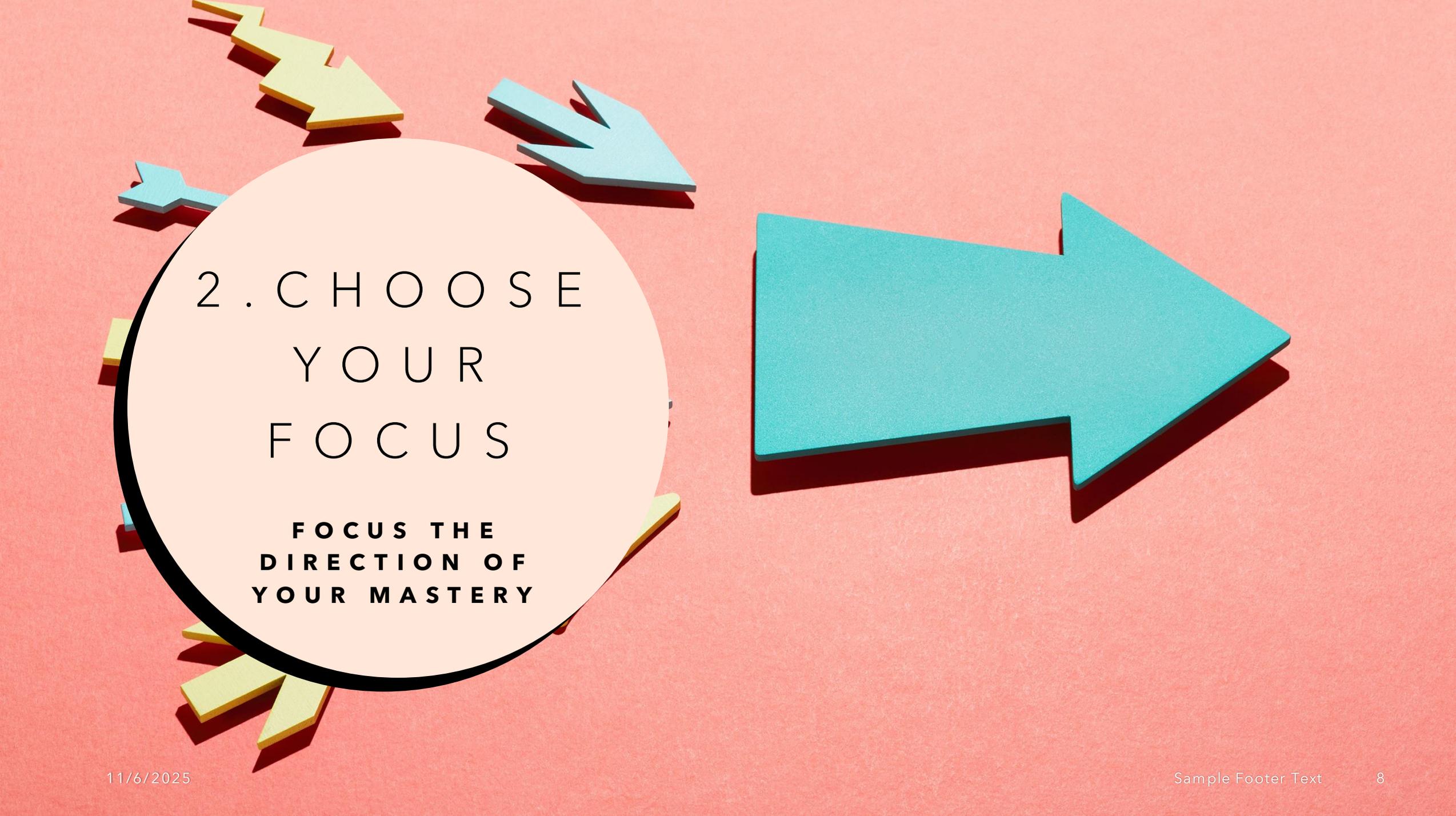


1. DESIRE

*UNLOCKING THE ENGINE
BEHIND MASTERY*



- Do you actually want to transfer knowledge to practice?
- How much do you want this?
- What are you prepared to do to make this happen?



2. CHOOSE
YOUR
FOCUS

**FOCUS THE
DIRECTION OF
YOUR MASTERY**



3 . CREATE
YOUR
VISION

*WHERE ARE
YOU GOING?*

WHAT IS YOUR
CORE COMPETITIVE
ADVANTAGE?



YOUR ABILITY TO LEARN FAST

This determines the speed, scale and longevity of your success.

The faster you learn, the safer and more effective your practice becomes.



POSITIVITY

Every opportunity is a learning opportunity

Whatever happens is to your advantage



Turn feedback, mistakes and setbacks into progress



STAY RELAXED

BE THE CALM IN THE
CENTRE OF THE STORM

- Find your way to deal with more pressure, but with less stress
- Understand fear, train your responses and listen to your intuition
- Absorb, adapt and integrate new information

HITCH AND VINCENT FEAR MODEL

Mind Fear: inappropriate response by the mind to a stimulus

Body Fear: inappropriate response by the body to a stimulus

Instinct: appropriate response to a stimulus - Fight/Flight/ Freeze/ Faint /Fawn

Intuition: Access information that is beyond the 5 senses and time/space





MOVE MORE,
BREATH LESS

JULIAN HITCH
MASTERY
BLUEPRINT

V.I.P. MUF

1. Volume and Variety
2. Intention to learn
3. Pressure
4. Choose your Micro-Focus
5. Make every minute count
6. Focus





BECOME A MASTER IN YOUR CRAFT



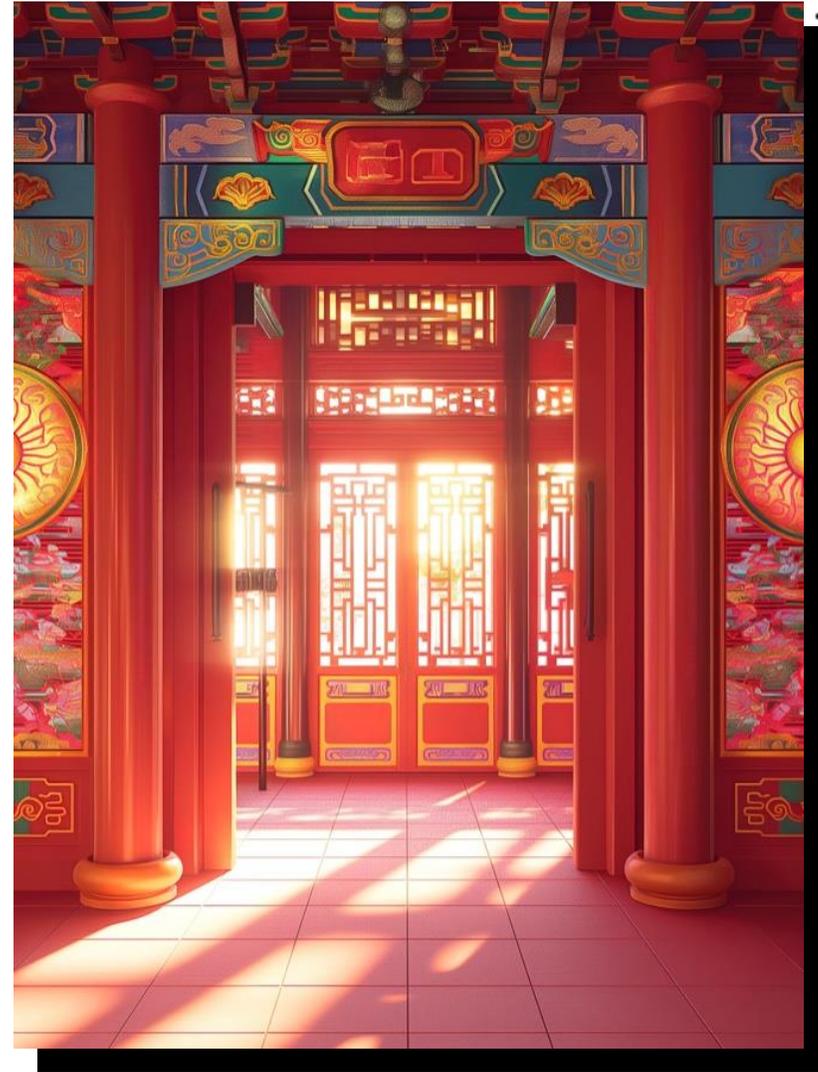
THOSE WHO MASTER THEIR
CRAFT ARE ALWAYS IN
DEMAND.

MASTERY CREATES TRUST,
CONFIDENCE, AND RESULTS

CURIOSITY

THE HEARTBEAT OF MASTERY

- Turns practice into play
- Turns repetition into revelation
- Immerses you into the present moment
- Opens endless doors
- Reveals the magic in ordinary moments



FINAL REFLECTION

YOUR MASTERY IS UNLIMITED...

FIND YOUR FLOW

**YOU WON'T JUST TRANSFER KNOWLEDGE
INTO PRACTICE - YOU'LL EMBODY IT**

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