

Performance Under Pressure

A free offering within the My Steady Mind Training Series



About this complimentary course

The construction industry demands focus, fast decision, and emotional control and often under intense pressure. This half-day, hands-on workshop equips construction professionals with proven mental performance systems to stay calm, focused, and effective on the jobsite, even in high-stress situations.

Grounded in mental fitness and neuroscience, participants will learn practical routines they can use before their workday begins, during critical moments in the day that involve tension, and after a demanding day that will help leaders perform consistently, effectively and safely.

Learning outcomes and skills gained

- Build a pressure-proof performance system for demanding work
- Learn 5 tactical techniques using the Steady Mind Formula
- Implement mental readiness checks for safer starts to workdays
- Stress reset system for high-stakes environments
- Daily micro-exercises to improve focus, calm, and emotional control
- A distraction-defense system supporting safety, communication, and productivity



About your instructor

Nationally recognized subject matter expert, Seth Hickerson, Ed.D., is Founder of My Steady Mind and a proud AGC Georgia member. He specializes in helping high performers build resilience, mitigate risk and elevate performance in high-stress environments. Dr. Hickerson is a veteran of both the U. S. Navy and Air Force. Along with sharing his tools with the AGC Georgia community, he works with Fortune 500 companies, elite professional athletes, NASA leaders, and high-profile executives from a variety of industries.

When

Friday, October 2, 2026 | 7:00 - 11:00 am

Where

AGC Georgia Training Center
1940 The Exchange | Atlanta, GA 30339
*at intersection of Windy Hill Road
and I-75 / I-285 in Cobb County*

Free Member Registration

- AGC Georgia Member **\$FREE**
- Non-AGC Georgia Member **\$600**

Attention: Our cancellation policy is noted at the bottom of this form. If you register and are unable to attend, substitutions are welcome. Registrants who do not attend without proper notification to parham@agcga.org will be charged a no-show fee of \$200.

AGC Georgia members are eligible for free attendance. Complete the top portion of the contact information and submit to registration@agcga.org. Member and non-member attendees may also register online at www.agcga.org.

Name: _____ Title: _____
Registrant's Email: _____ Phone: _____
Company: _____
Address: _____
City: _____ State: _____ Zip: _____ Food Restrictions: _____
Primary contact for registration, if not registrant: _____ e-mail: _____

Choose 1:

- ☐ Check: Make checks payable to AGC Georgia. Mail copy of this form with your check to our lockbox:

Wells Fargo Bank/ AGC Georgia; P. O. Box 934023; Atlanta, GA 31193-4023

- ☐ Charge My: ☐ AmEx ☐ MC ☐ Visa ☐ Discover Total Amount Due\$ _____

Name on Card: _____ Card # _____ Exp. _____ CVV# _____

Cancellation Policy: Cancellation requests must be received in writing via email at least 7 business days before the training. In those circumstances, registration fees will be refunded, minus a 10% processing fee. Cancellation requests received less than 7 business days before training cannot be refunded. The request must be sent in writing via email to parham@agcga.org. Substitutions are encouraged and can also be requested via email to Cindy Parham. Confirmation to registered participants will be provided prior to the event via email one week prior to the course.