

Performance Neurology

Consulting Services

A clinical approach to diagnosing and resolving human performance problems. For athletes, musicians, executives, surgeons, and anyone whose work depends on performing at their best.

Institute for Performance Neurology

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Do You Recognize This?

People often live with performance problems for years without recognizing that the problem has a specific, addressable cause. Here are some of the patterns that bring people to the Institute.

You perform well in practice but not when it counts. The gap between what you can do in low-pressure settings and what you deliver under real pressure is consistent and frustrating. You know you're capable of more.

You overthink during performance. You catch yourself trying to consciously control skills that used to be automatic. The harder you try, the worse it gets.

Pressure changes who you are. Under normal conditions you're confident, fluid, and capable. When the stakes rise, something shifts and you become rigid, tentative, or error-prone.

You've hit a plateau that effort can't break. You're putting in the hours but the results have stopped coming. You may be working harder than ever with less to show for it.

You're avoiding the situations where performance matters. You've started declining opportunities, backing away from challenges, or arranging your life to minimize the moments where you'd have to perform.

Your decision-making degrades under sustained pressure. Early in the day or the season, your judgment is sharp. As the demands accumulate, you notice yourself making choices you wouldn't have made when fresh, and you can't seem to stop it.

Your cognitive sharpness is declining and you don't know why. You haven't stopped working or caring, but the speed, clarity, and mental stamina you used to count on are quietly slipping. You're compensating rather than operating at full capacity.

High-stakes moments bring out a lesser version of your leadership. You lead well when things are stable, but under pressure your communication tightens, your thinking narrows, and the people around you feel it. Stress doesn't just affect your performance. It changes how you show up for everyone who depends on you.

Your team keeps underperforming its talent. The roster is strong but the results don't reflect it. Individual skills exist but collective performance under competitive pressure breaks down.

You've tried the usual advice and it hasn't worked. Breathing exercises, visualization, positive self-talk, practicing more. None of it has solved the problem. That's because the advice wasn't matched to the actual mechanism.

Our Approach

Most performance advice treats every problem as if it has the same cause. An athlete who chokes gets the same toolkit as a musician with stage fright, an executive who freezes in board meetings, and a surgeon whose precision degrades under time pressure.

Performance Neurology takes a different approach. Two performers who both collapse under pressure may have completely different things happening in their brains. One has a nervous system that floods the body with adrenaline, overwhelming fine motor control. The other has a conscious mind that tries to micromanage skills that only work on autopilot. A third has both problems compounding each other. They look the same from the outside, but they need fundamentally different interventions.

We identify the specific mechanism first, then match the intervention to the diagnosis. This is led by a board-certified neurologist applying the same diagnostic rigor that clinical neurology uses for disease: detailed history, differential diagnosis, targeted intervention, and ongoing monitoring. It is not coaching, sports psychology, or motivational work. It is a clinical framework for understanding and solving performance problems at the level of the brain.

Services

The Institute offers three levels of engagement. Every engagement begins with rigorous evaluation. The difference is in scope, duration, and format.

SERVICE 1

Performance Neurology Evaluation

A comprehensive diagnostic assessment that identifies the neurological mechanisms behind your performance challenges and delivers a targeted intervention plan.

Who this is for. Performers dealing with a specific performance problem who want to understand what is actually going on and what to do about it.

What happens. The evaluation begins with a detailed performance history that maps your problem across contexts, timelines, and conditions. We screen the biological factors that affect every aspect of performance, including sleep, stress load, and autonomic function. The problem is localized within our framework and narrowed to a specific diagnosis. Where relevant, physiological tools like heart rate variability measurement are incorporated.

What you receive. A written diagnostic report explaining what is happening in your brain when performance breaks down, the specific failure mechanism, compounding factors, and a detailed intervention plan matched to your diagnosis. A follow-up session reviews the findings and ensures the plan is clear and actionable.

Timeline. Two to three sessions over two to four weeks, followed by the written report and follow-up review.

SERVICE 2

Evaluation and Ongoing Performance Partnership

The full diagnostic evaluation plus continued clinical guidance as you implement the plan and navigate real-world performance challenges over time.

Who this is for. Performers who want more than a diagnosis and a plan. Performance problems play out over weeks and months. New challenges surface. Progress stalls in ways that require reassessment. This is for people who want an ongoing clinical partnership through the full process of change.

What happens. The engagement begins with the same comprehensive evaluation. Once the report and plan are delivered, the partnership continues with regular sessions focused on implementation, monitoring, and refinement. We address real performance situations as they arise and adapt the

approach based on what is working. If compound patterns emerge over time, the diagnosis and plan are updated.

This is not motivational coaching. It is clinical guidance from a neurologist who understands the mechanisms behind your performance and can adjust the strategy as conditions change.

Structure. Partnerships are structured in three-month or six-month blocks. The evaluation is completed in the first month, with ongoing sessions beginning immediately after.

SERVICE 3

Team and Organizational Engagements

Presentations, workshops, and consulting partnerships that bring the Performance Neurology framework to teams, organizations, and institutions.

Who this is for. Sports organizations, performing arts institutions, conservatories, corporate teams, medical training programs, and any group whose collective performance depends on what individuals are doing with their brains under pressure.

Keynote presentations introduce the framework to a broad audience and change how people think about performance, practice, pressure, and the brain. Adapted to the audience's domain.

Workshops go deeper with hands-on training in specific areas: the failure routes that cause choking under pressure, practice design for more efficient skill acquisition, pre-performance routines that work and why. Half-day or full-day, built around interactive exercises.

Consulting partnerships embed the framework within an organization's existing training and development infrastructure, including team-wide assessments, training design, and ongoing advisory relationships. The goal is to give the organization a diagnostic lens it can apply long after the formal engagement ends.

Next Steps

If you recognize yourself or your team in anything described above, the next step is a conversation. A brief introductory call lets us understand your situation, determine whether Performance Neurology is the right fit, and discuss which level of engagement makes sense.

There is no obligation. If the problem has a neurological mechanism we can address, we'll tell you exactly what we think is happening and how we'd approach it. If it doesn't, we'll tell you that too and point you toward whoever can help.

Schedule an introductory call:

performanceneurology.institute/consult

Institute for Performance Neurology

Helping people realize their potential by getting the most out of their brains.