

# STOP TRUSTING YOUR GUT



You're not a market  
psychic, you're a developing  
trader

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PEAK CAPITAL  
TRADING



# Tonight's **lineup**

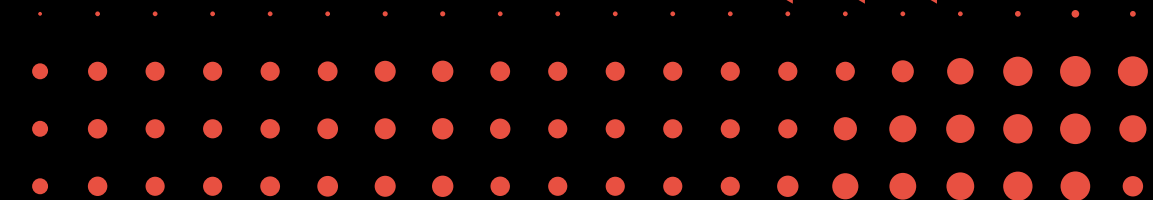


- **Getting personal**
- **The emotional trader**
- **The disciplined trader**
- **The scientist**
- **The risk manager**
- **Q&A + open discussion**



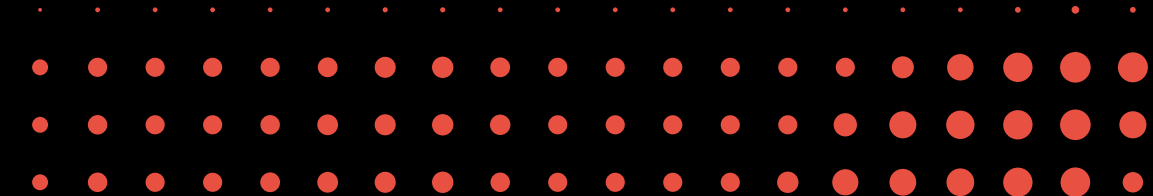
# ▶▶▶ What is **mechanical trading** and why?

Mechanical trading means following predefined rules without exception. It's systematic and objective decisions come from a clear process, not from our changing emotions or mental state.



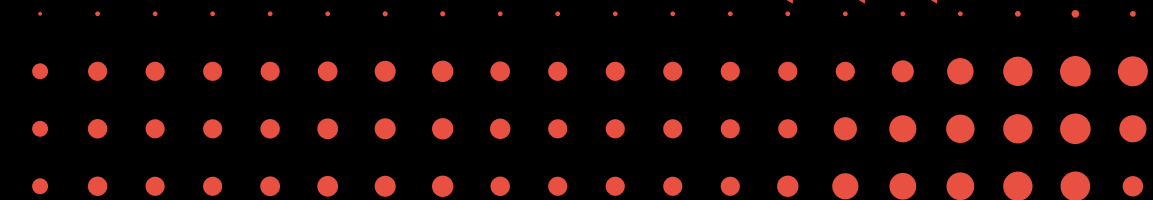
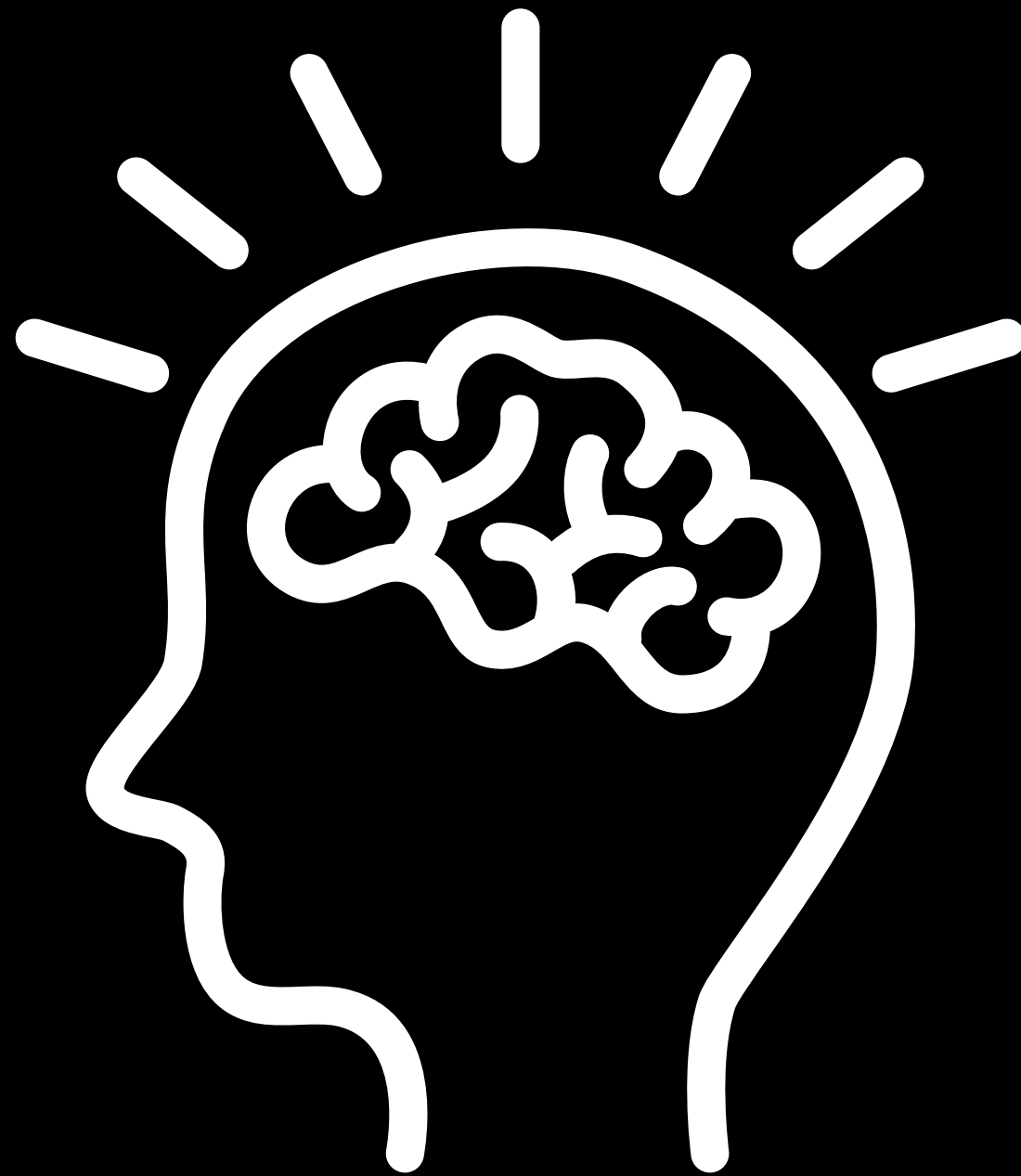
# ▶▶▶ Discretionary vs **Mechanical Trading**

- Why discipline is the most critical skill in trading
- Common misconceptions about discipline (it's not about willpower!)
- What you'll learn today:
  - Why traditional discipline advice fails
  - How to train your brain for discipline
  - How to create an environment that makes discipline effortless



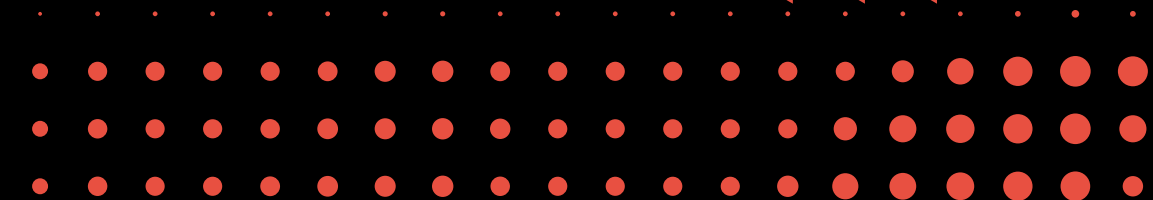


# Story: How **Emotions** Sabotage Trades



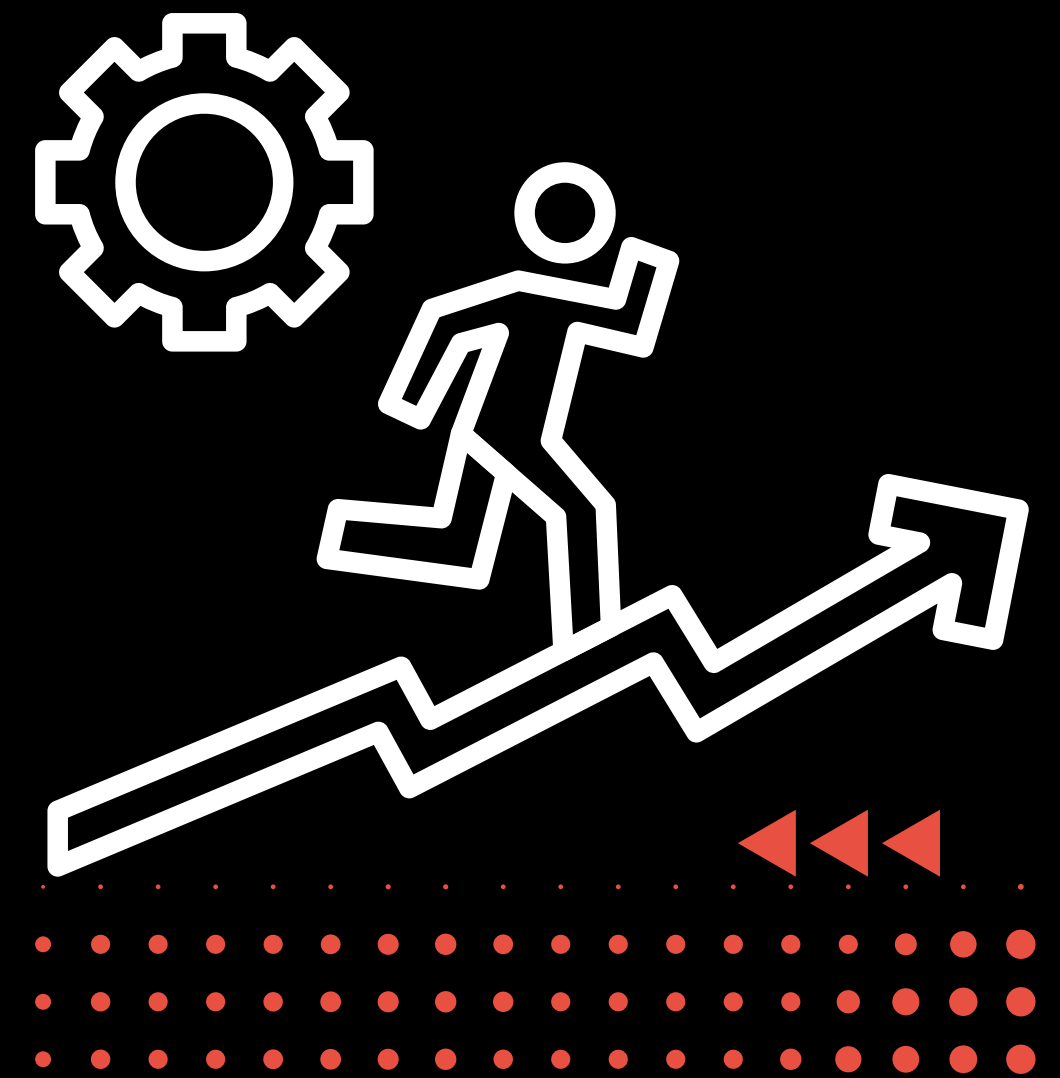
# ▶▶▶ **Consistency & Discipline** in Trading

- One of the biggest keys to success in trading is consistency.
- Just like running a business, you can't make random, one-off decisions and expect steady growth.
- Consistency is what separates professionals from gamblers.



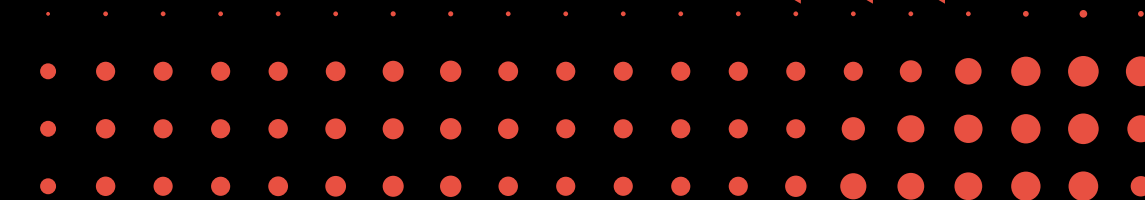
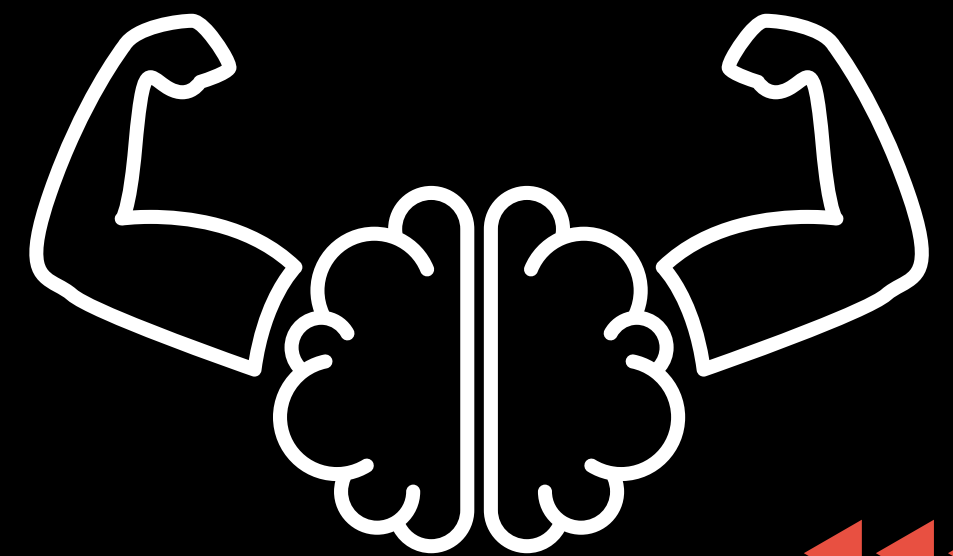
# ▶▶▶ Why **Consistency** Matters

- Builds long-term reliability
- Smooths out ups and downs
- Creates measurable results



# ▶▶▶ How Mechanical Trading Builds **Discipline**

- Structured rules to follow
- Prevents overtrading
- Eliminates impulsive decisions



# ▶▶▶ **Trading Plan** vs. Random Trades

## 1. Trading Plan:

Clear entry signal

Defined stop-loss & target

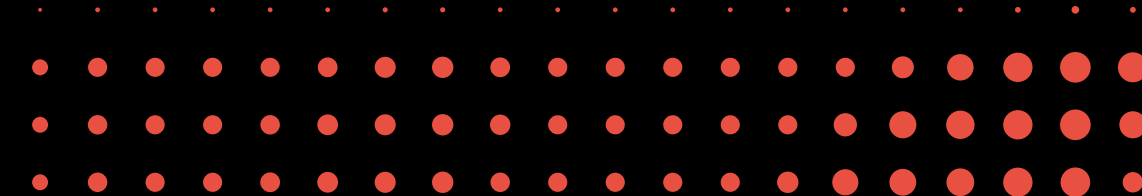
Strict risk management

## 2. Random Trading:

Enter 'because it looks good', it moved good, I went long then I'll go short

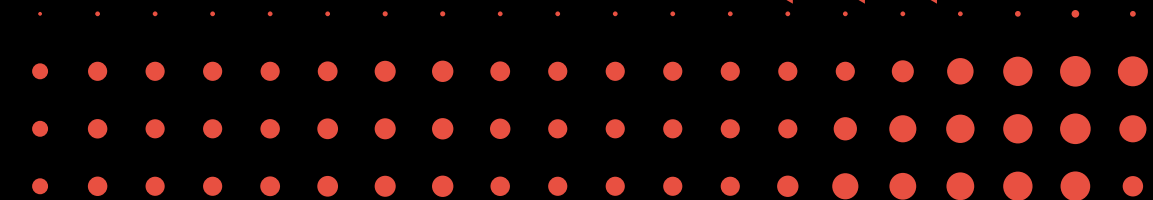
No clear exit plan

Risk changes trade to trade



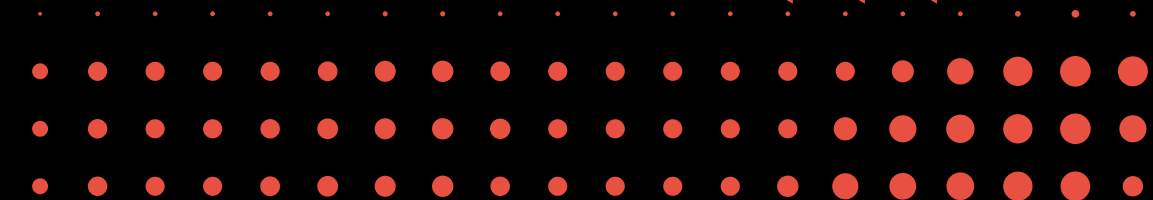
# ▶▶▶ Objective & Measurable Trading

One of the biggest advantages of mechanical trading is that it's objective and measurable. That means we don't have to guess we can test our system and see how it performs before we ever risk real money.



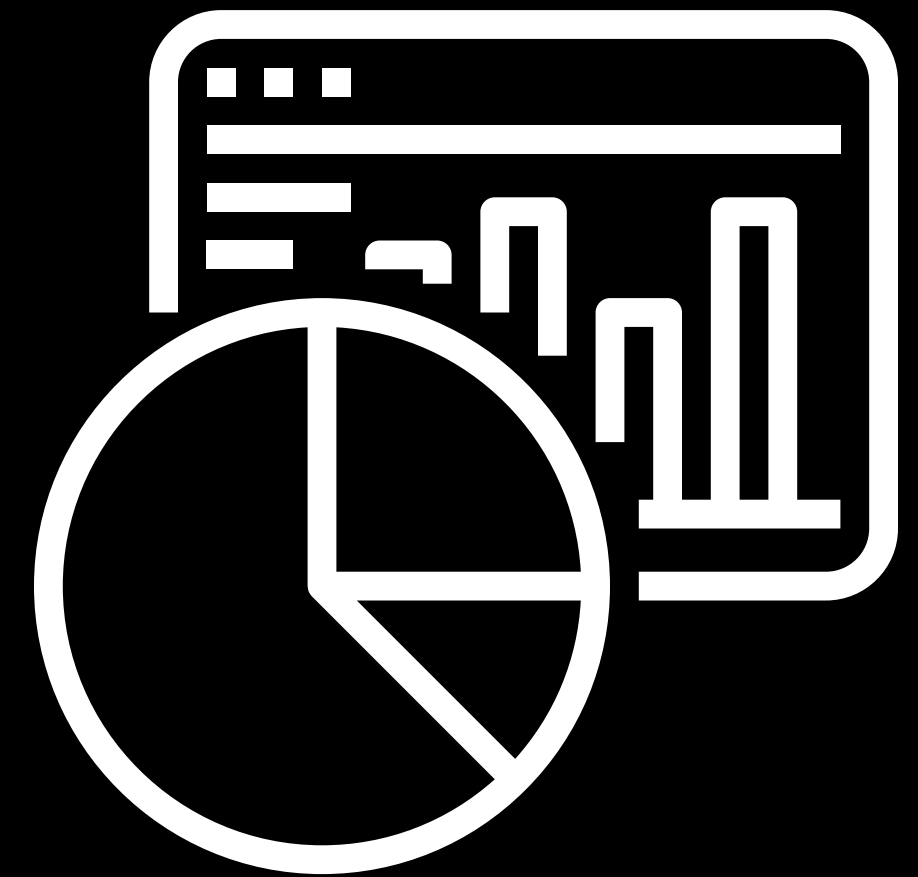
# ▶▶▶ Backtesting & Forward **Testing**

- Backtesting: Apply rules to past market data
- Forward Testing: Try rules in real time with paper trading
- Goal: Validate strategy performance

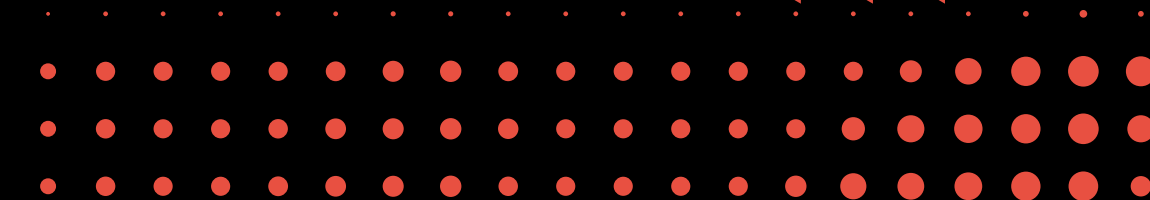


# ▶▶▶ Key Trading **Statistics**

- Win rate (%)
- Risk/Reward ratio
- Expectancy per trade



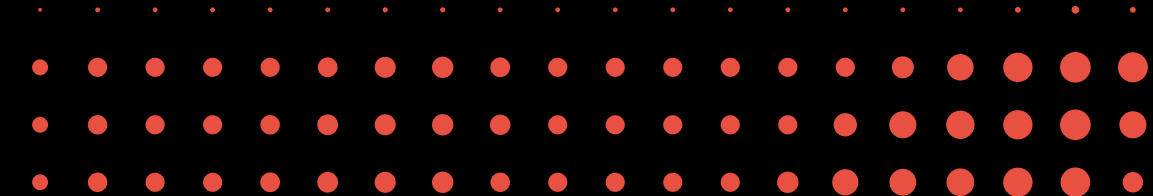
= Tested strategy



# ▶▶▶ Stages to Becoming a **Successful Trader**

## Stage 1: Foundation Learn the Basics

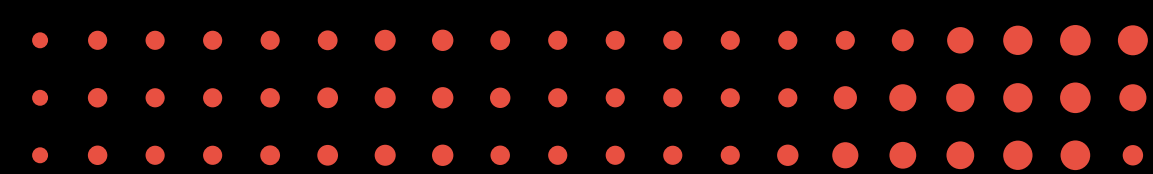
- Understand market structure, price action, and technical analysis.
- Learn common tools (candlestick patterns, indicators, support/resistance).
- Goal: Build awareness of how markets move.



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## Stage 2: Strategy Selection

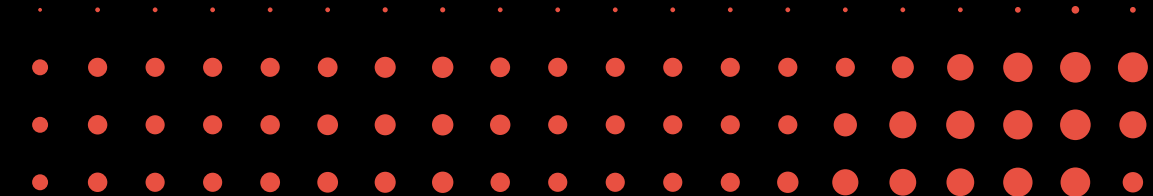
- Choose one trading strategy that fits your personality (scalping, day trading, swing trading).
- Keep it simple, focus on a few conditions for entries and exits.
- Goal: Avoid “shiny object syndrome” by committing to one clear method.



# ▶▶▶ Stages to Becoming a **Successful Trader**

## Stage 3: Rule Definition

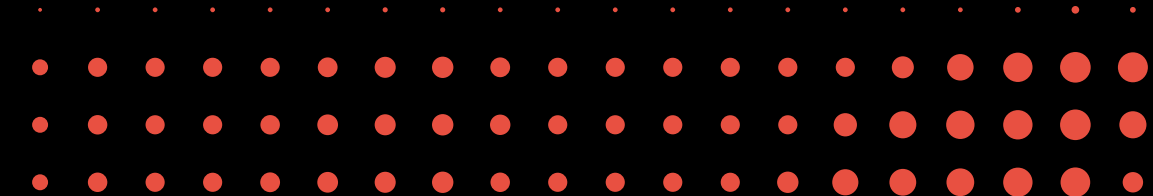
- Translate the strategy into explicit, mechanical rules.
- Example: “Enter long if price crosses trend on support.”
- Goal: Make rules so clear that another trader could follow them without asking questions.



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## Stage 4: Testing & Repetition

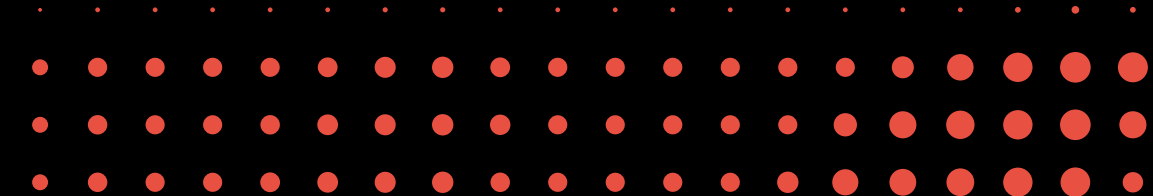
- Backtest rules on historical data.
- Paper trade or use a simulator to practice without risk.
- Track metrics: win rate, risk/reward, expectancy.
- Goal: Collect data, not profits, at this stage.



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## Stage 5: Review & Adjust

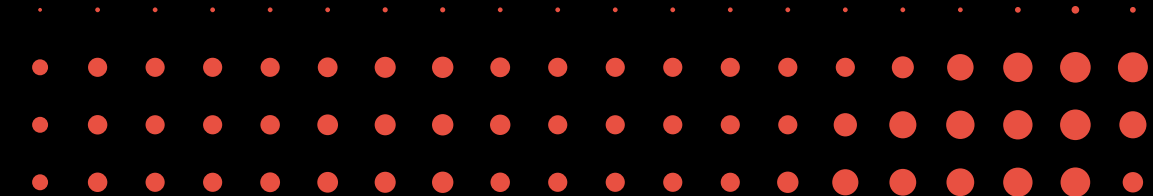
- Analyze results: Are rules working as intended?
- Identify weaknesses (too many false signals? risk too high?).
- Make small, data-driven adjustments — not emotional tweaks.
- Goal: Treat it like a lab experiment.



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## Stage 6: Re-Test & Refine

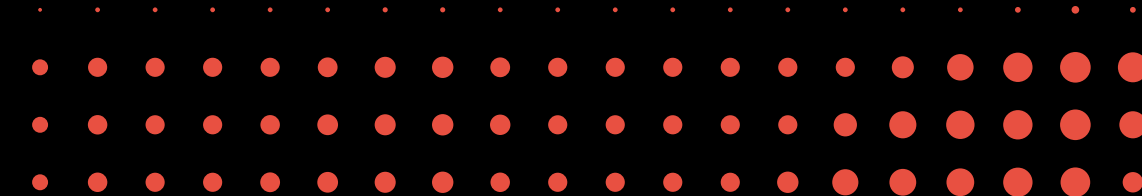
- Apply revised rules again in testing.
- Build confidence by repeating until results are consistent.
- Goal: Reach a “good enough” version that is profitable and reliable.



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## Stage 7: Live Implementation with Risk Control

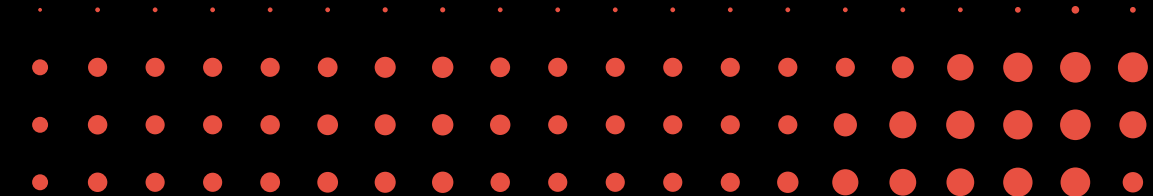
- Start small in real markets with strict risk management.
- Trade mechanically, no deviations from the rules.
- Goal: Transition from theory to practice without blowing up capital.



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## Stage 8: Continuous Growth

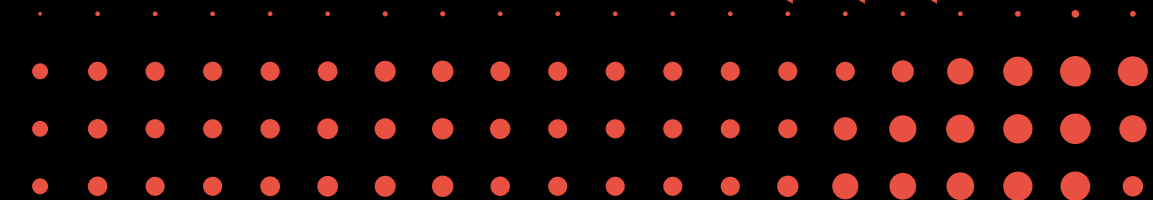
- Keep a trading journal to review behavior and performance.
- Revisit and refine the strategy as markets evolve.
- Goal: Maintain adaptability while sticking to core mechanical discipline.



## ▶▶▶ Take Home Message

Mechanical Trading = Consistency, Objectivity,  
Protection

- Removes emotions
- Builds discipline
- Measurable and testable
- Protects capital





# THANK YOU!

Reach out!

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