

## **PROGRAM: Unleashing Your Peak Performance Program**

Our program is all about taking your professional skills to the next level. We shift you from being driven by fear to being inspired by passion and purpose. Intrigued? You should be.

### **How This Benefits Your Career**

This program builds your mental muscles, enhancing both your performance and happiness. We introduce you to a straightforward performance operating system that applies to all areas of your professional life. Previous participants have used the system to: reduce stress effectively, increase productivity and manage performance effortlessly, handle challenging relationships at work, find that sweet spot between professional and personal life, strengthen management and leadership capabilities, become top-notch peer-to-peer coaches and mentors, improve interactions both at work and in personal life and achieve full potential and career aspirations.

### **Meet Your Inner Entourage**

We offer a radically simple 'Peak Performance' leadership operating system, grounded in neuroscience, positive psychology, cognitive psychology and performance science. Our program identifies 10 negative and 5 positive factors fundamental to personal and professional success, or failure. We call these factors your 'inner entourage'. On one side, you have the superhero with five performance powers: Compassion, Curiosity, Creativity, Commitment and Causation. On the other, your 10 'secret saboteurs', are like the domineering judge, the crushing controller and the pleaser.

### **Superhero vs. Saboteurs**

Saboteurs hang out in the brainstem, limbic system and parts of the left brain, stirring up fear, stress, anger, guilt, shame and insecurity. Sure, they might drive some success, but not the lasting kind. The superhero however resides in the mid-prefrontal cortex, empathy circuitry and parts of the right brain, motivating through empathy, curiosity, creativity, passion and purpose. This leads to peak performance and sustained career satisfaction.

### **Join Us in Elevating Your Career**

Our program is designed to amplify the superhero's five powers while identifying, interrupting and weakening the 10 saboteurs. Mastering these principles can take your career to unparalleled heights.

### **Interested in Next Level Peak Performance??**

Are you ready to unlock the full potential of your professional career and your organisation? Join us on this transformative journey to achieving your full potential and skyrocketing your professional path.

**Transformational Travel – Empowering Leaders, Enriching Careers.**