



## theathlete@work

### Programme outline

The premier performance programme for individuals who need to perform at the highest possible levels, whatever the circumstances. The programme is research based and has resulted in outstanding feedback from participants.

### Typical participants

- Rising stars
- Key players who have to maintain high performance
- Key players who have to step up a level

### Programme Characteristics

- Easy to understand and highly effective
- Highly interactive and inter-personal
- Uses the world of elite performers in sport as a communication conduit

### What will participants do?

1. Each individual client will learn and internalise:
  - what makes the elite are different
  - the three core principles of world-class performance
  - world class performance
  - world class motivation
  - Ideal performance states and stress
  - the importance of values and behaviours to elite performance
  - the importance of fitness, wellness and health to performance
  - the importance of nutrition to performance
  - the importance of the body clock to performance
  - how to peak for performance
2. They'll also develop:
  - an integrated and comprehensive performance plan
3. And they'll prepare for and experience
  - top class performance coaching





### **What will participants get?**

- access to three decades of research into human performance
- a tried, tested and proven system and process for understanding for achieving more intense, sustainable and consistent levels of human performance
- three key performance tools
- access to up to 21 other key performance tools
- intensive one to one coaching for a 12 week period
- initial measurement and review of current performance levels
- re- measurement and review of performance levels to support further progress
- comprehensive programme documentation

### **What will the organisation get?**

- key players who can perform whatever the circumstances
- retention of valued team members
- competitive advantage
- a reduction in recruitment costs
- the ability to measure monitor and improve individual performance

**and** key people who are:

- highly motivated
- resilient
- focused
- energetic
- self-aware
- constantly perform to their potential
- can achieve more and increase quality without increased resources



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