



## Testimonials

### athlete at work tm

“I have been on a number of management training / coaching events before. However, these all depended on a sort of “following the mantra” style of commitment following them. This programme is different, powerfully, in that it is centred on my own inner absorption of the techniques of change and improvement in my performance.

The changes in my performance have been significant. I trust in my own capability far more than I did previously, in a way that avoids arrogance but feels very powerful nonetheless.”

**LOB Head, major European insurer**

“I would put the K2 experience as one of my two most valuable and enjoyable training and coaching “courses” of my whole career to date – I want my three managers on this programme.”

**Head of Service, Toshiba UK**

“Without doubt, 2 of the best training & development days I have received in my career”

**Head of Organisational Development, Eurostar**

## Wellness for Performance

### Some recent comments on the AXA Wellness for Performance MasterClasses:

**AXA is one of Europe’s biggest insurance companies**

“One of the most inspirational and motivational sessions I have ever been to...”

“Thank you so much for a most inspiring day...”

“Would really like the opportunity to work with you again...”

“The most thought provoking, fun and powerful session I have ever attended in AXA”

“I thought the day was fantastic”

### **K2 Performance Systems Ltd**

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