

athlete@work

In 2003 we ran the first ever athlete@work programme and now in 2020, you can access all of the power of this programme in a dynamic and game changing virtual version.

athlete@work is an opportunity for you to build game changing performance for yourself and the business you work in. You will learn how to perform at your best more consistently, achieve more in the time available and therefore, enjoy your work more.

With nearly 20 years of changing people's performance at work behind us, we're excited to take you on an interactive coaching pathway that will bring the essentials of this programme to life.

YOUR 12 BUILDING BLOCKS	WHAT YOU'LL BE DOING
Outlining the programme and tuning into Performance in your organisation	Researching how performance works for you
The power of conditions - understanding your field of play and establishing your attitude towards it	Building a clear picture of your work conditions
Performance Readiness - 6 essential ingredients to know and take care of	Doing an audit of your Performance Readiness
Using Performance Readiness to take control of your world	Road testing simple Performance Readiness habits
The Performance Readiness view on Technical and Tactical Ingredients	Staying relevant in these 2 key areas
Physical Readiness - taking care of your energy	Determining your ideal energy plan
Mental and Emotional Readiness - Supporting yourself and being supported by others	Understanding your needs in these two areas
Contextually Ready - making the most of your working environment	Choosing your attitude towards your environment
Understanding the power of Motivation - and taking on the Control Challenge	A week of control recalibration
The Confidence Challenge	Confidence building habits in action
The Connectedness Challenge	Being the strong link in the chain activity
4 questions to keep asking to link everything together	Using the questions to drive actions

Programme delivery

Delivered at fixed points over 12 weeks with homework, reflection and application in between. Sessions are online and delivered as a 60 minute webex.