

energy and goal setting sessions

with 2021 in mind

In the current context, maintaining mental and physical health is essential. There are key approaches to preparation, rest and recovery that can be taken from a physical health perspective. However, there is a powerful mindset approach that can be taken too which helps to create an environment to perform in every day that is supportive to strong physical and mental health.

session 1: taking aim

- setting goals the high performance way
- taking a high performance attitude towards goals
- how to use goals to deliver maximum performance and motivation
- building meaningful and impactful goals
- setting some goals for 2021 for yourself, your team or your business
- establish your goal reviewing rhythm for 2021

you'll end this session with...

- clear, powerful and performance focused goals for yourself, your team or your business
- a method for using those goals to deliver a personal best performance in 2021 (and beyond!)

session 2: getting Set

- understanding your energy demands, your energy patterns and rhythms
- building an exercise/activity training plan so you're as fit as you want to be
- fuel for all your days-understanding when and what to eat for optimum energy
- sleeping your way to the top
- active recovery during working days/weeks transitions, switching on and off
- arriving home in great shape

you'll end this session with a...

- plan to build your fitness to perform
- plan to fuel your body and brain for performance
- rest and recovery plan

session 3: go!

- pulling the content of sessions 1 and 2 together to build your performance and energy plan for 2021
- introduction to The Performance Room training plans and content that will help you keep on track

you'll end this session with a...

- plan to maximise your chances of success in 2021
- schedule of activities that will keep you on track to fulfil more of your potential in 2021

ways to play

the face to face hamper

- physical delivery
- access to theperformanceroom.co.uk for everyone for 3 months
- a copy of perform, the book of 21 rules and performance recipes for everyone in the session

the virtual hamper

- remote delivery for up to 100 people
- access to theperformanceroom.co.uk for everyone for 3 months
- a copy of perform, the book of 21 rules and performance recipes for everyone in the session

If you'd like to make a reservation please get in touch hello@planetK2.com or give Sam a call on 07821 975 859.