

PlanetK2

The Art & Science of High Performance

BECAUSE PERFORMANCE IS A FORCE FOR
GOOD, NOT A PROBLEM TO BE SOLVED.

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Golden Ticket

We're offering an exclusive Golden Ticket for you and your team to experience one of our masterclasses. This is an opportunity to see first-hand what High Performance looks, feels, and sounds like in practice. Better still, we'll bring the masterclass directly to your organisation, allowing your team to experience it in their own environment. You can choose between our Healthy High Performance Masterclass or our High Performing Teams Masterclass.

Get in touch

If you would like to accept your Golden Ticket, simply email adamm@planetk2.com and we'll be in touch.



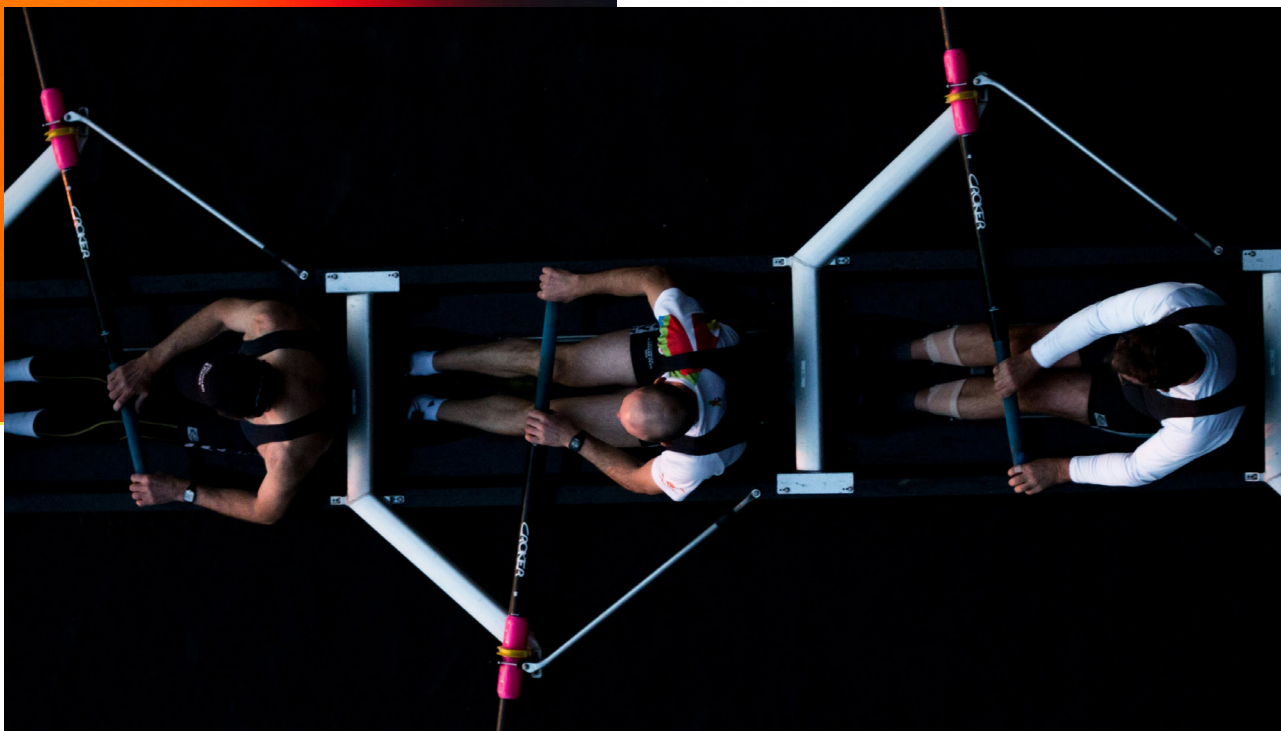
Who We Are & What We Do

We have a proud heritage in Olympic sport and a track record in the commercial world going back to 2003.

We are the most accessible human performance organisation in the world, and we pride ourselves on being the best at translating the psychology of High Performance into deeply applicable daily practices that help people thrive in their chosen arena of performance.

We are true experts in human performance in the world of work, drawing on our coaching team's experience in Olympic and elite-level sport, the performing arts, and the commercial world.

Our work is founded on the belief that performance is a force for good, not a problem to be solved. Since 2003, our work has helped tens of thousands of people fulfil their talent and fuel their motivation in some of the biggest and best-known businesses in the UK and around the world. The leaders we work with have enough complexity in their lives, so our job is to understand that complexity and translate it into simple, practical applications that deliver impact, create value, and make a real difference.



Healthy High Performance Masterclass

If you want to perform at your best while protecting your energy, confidence, and wellbeing, this masterclass is for you.



Most people want to perform well and stay well. But when demands keep rising and the pace never slows, it can feel difficult to balance performance with wellbeing. Healthy High Performance is about learning how to manage pressure, effort, and relationships in a way that allows people to perform consistently — without burning out. It focuses on building the habits, awareness, and discipline that help people reset stress, use energy wisely, and support one another to succeed.

In this masterclass, we explore practical principles, tools, and techniques drawn from high-performance environments. Participants learn how to balance demands with their ability to cope, how to manage effort and recovery, and how compassion and connection help teams strive together.

What will be covered...

- How balancing work demands with a focus on your ability to cope is an essential foundation
- How high-performance habits help everyone reset stress and build confidence
- How to use effort, energy, and recovery to achieve sustainable excellence

You'll team will leave with...

1. A set of habits that enable pressure to be consistently managed by balancing what needs to be delivered with the capability and capacity to deliver it
2. Practical habits and disciplines that keep stress under control and confidence continually strengthened
3. Greater skill in proactively managing effort and recovery
4. A practical approach to supporting others with high compassion and ambition, while striving for success

High-Performing Teams Masterclass

Most people have never been on a proper team.

If you're serious about building, creating, or sustaining a high performing team, then this masterclass is for you.



High-performing teams:

1. Understand their picture of success – the result they want, the signs that tell them they're winning, and the behaviours they expect from themselves and others
2. Obsess over the performance just as much as over the result, because they know it will deliver consistency and predictability
3. Know what great looks like in similar environments, so they can be confident that when they call themselves high-performing, it's credible

In this masterclass, we'll be using principles, tools, and techniques that have been proven to make a difference in the most testing of arenas. We help create, build, and sustain teams with shared values, purpose, and goals.

What will be covered...

- Key mindsets and habits of elite teams
- How elite teams create and maintain motivation
- How elite teams maximise the potential of every team member's contribution
- How elite teams understand performance so they maximise the chances of continued success

You'll team will leave with...

1. A clear, shared understanding of how to set teams up with the essential building blocks of collective performance in place
2. A plan for building the habits of high-performing teams into the team diary
3. An increased level of confidence in their ability to help teams fulfil their collective potential and deliver great results