

Achieving Peak Performance

Overview:

This program has been designed for everyone who aspires to be the best they can be. It presents a framework for understanding how you can be at your best for longer periods and how you can multiply your effectiveness at the same time. It covers a range of crucial topics, including resilience and engagement, and contains a wealth of tips on how to achieve your goals at work and in life more generally.

Participants are provided with a comprehensive personal profile to support their journey to peak performance.

Duration: 2 Days

Target Audience:

- Relevant for all staff members

Topics:

- *The power and potential of peak performance*
- *The reality check*
- *Building a sense of engagement*
- *Strengthening resilience*
- *Building effective relationships*
- *Achieving great performance*
- *Managing priorities*
- *Dealing with challenges*
- *Maintaining focus*

Additional Information:

This program includes the following:

- Peak Performance Profile
- Strengths Profile