

Peak Performance

evolve, transform, sustain

what it's all about

(program overview)

Peak Performance is a comprehensive coaching program, delivered over six to twelve months, designed to support high achievers in fully realising their potential and sustaining peak performance. This program is designed for the highly motivated individual who has achieved their key personal and professional goals and who is looking to 'stretch' themselves to reach peak performance.

The program draws on the principles underpinning peak performance in elite athletes and performers as well as positive psychology. A key concept underpinning the program is that of creative 'flow' described by Mihaly Csikszentimihalyi as the automatic, effortless and yet highly focused state of being, when we are at our best. Discovering the individual success factors for the 'inner game' will be a core element of the coaching program. The coach will be there to facilitate the process and success is driven by the individual's persistence and inner strength to make and sustain the necessary changes to evolve and ultimately transform.

what's involved

(program summary)

- Comprehensive customised coaching program, including a minimum of twelve individual coaching sessions;
- Inspirational partnering and networks;
- Regular strategy review; and
- Assessment tool.

the end result

(expected outcomes)

By the end of the Peak Performance program, participants will:

- Have attained and sustained higher levels of engagement and performance;
- Feel a greater sense of well-being and contentment in their work and life more generally;
- Have a greater focus, sense of purpose and mission; and
- Have greater alignment between their values and their life choices and higher levels of fulfilment.

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who the program is designed for (target audience)

The Peak Performance program is designed for:

- High achievers who have shown a commitment to their personal development over an extended period of time (for example through coaching, study and lifestyle modifications); and
- Organisations wanting to recognise, reward and retain the top performers.

related pathways (how it connects)

Previous coaching and self development will provide a solid foundation for this program.

your investment (program cost)

\$7,400 ex GST per person



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