

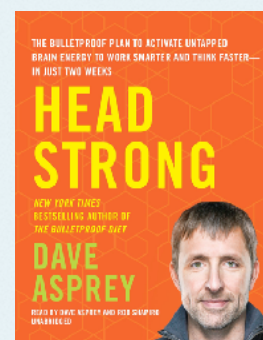
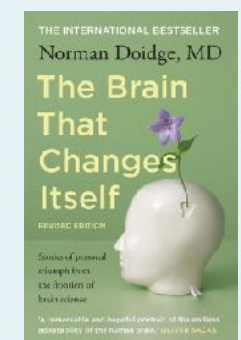
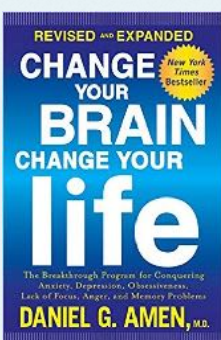
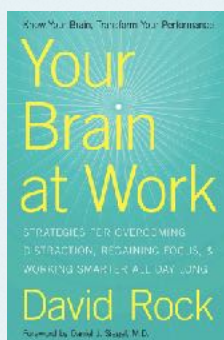
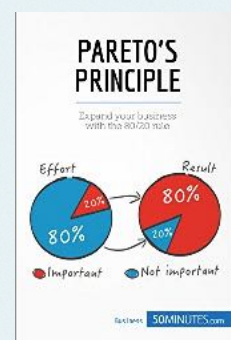
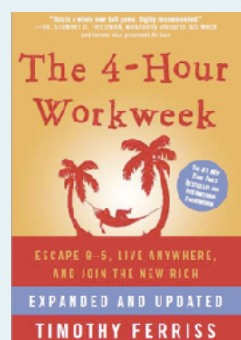
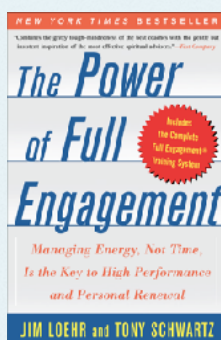
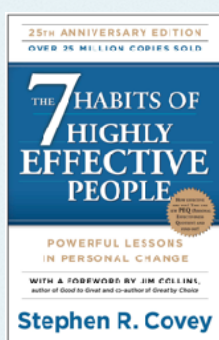
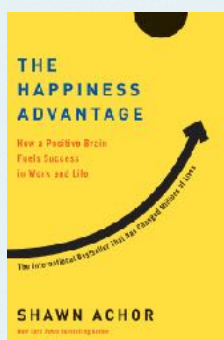
Peak Performance

This **Productivity and Time Management course** is about being a high performer, achieving more in less time and feeling great about it. We are increasingly expected to handle higher workloads, on tight timeframes whilst working on multiple projects and so need to play a better game to succeed. Peak Performance is about making the most of all the resources available to you, your personal talents, energy, relationships, time etc to perform at your best.

Being able to **perform at one's best is critical for anyone to be successful**. Mike Catton designed Peak Performance in 2010 and has delivered it over 40 times since then in various formats to over 2,000 people. It is one of his favourite programs since **people are excited to learn how productive they can be**. By the end of this practical course expect to have a bunch of tools ready to apply in your life.

Where is the Content Drawn from for the Course?

The course combines the old classics of time management with the last 2 decades of research into the human brain. This research dramatically changes our understanding of how our brains perform and specifically how we can get the best out of them. The books here represent some of the authors from which the course drew material.



Who is Peak Performance For?

If you need to get more done in less time, in order to achieve your goals, then this is the course for you. Peak Performance is for **leaders** who want to inspire teams, **managers** who want to drive team performance and **team members** who want to perform at their best. Of course, Peak Performance is just as useful outside work as at work, so if you want to get the most out of your life, become a high performer today.

Learning Outcomes

- Taking responsibility for '**self management**' to become a high performer.
- Creating **high performance habits** which will define you.
- Grasp the power of the human brain to first create anything in the mind and then in reality. **Create compelling goals.**
- **Thinking smarter**, challenging outdated assumptions and limiting beliefs to find simpler and more effective ways to achieve outcomes.
- Essentialism. **Focusing resources and effort** on the goals that matter most. Schedule action. Taking into account task value and the principles of diminishing returns and disproportionate returns.
- Communicating effectively to **harness the power of the team.**
- Understanding and utilising the role of **emotional state** on personal performance.
- Appreciating the value of making **timely decisions.**
- **Saying 'no'** more often to low value opportunities to make time to say 'yes' to what is truly important. **Master your 'stop doing' list.**
- **Planning your day** for maximal results. Minimising time stealers whether they be interruptions, emails, information overload etc.

Our Promises to You

We are confident in the results we will get for you. Given our performance to date we can make three promises:

- You will gain **great ideas and concepts.**
- You will receive **practical, useable tools and strategies.**
- You will be **engaged, entertained and inspired.**



Return on Investment

Seeing results for you is important for us which is why our Peak Performance program has 3 key elements.

- Pre-Course. This includes some pre-study, self analysis and material preparation so that your time with us is put to best effect.
- The Course. Peak Performance is **fun** and engaging leading to better understanding and retention.
- Post-Course. Implementation is the critical step so post-course action is planned in the final phase of the course.

