

## PEAK your energy: A premium program för effective Self- Management.

In order to reach our goals – and maintain a high level of achievement – we need full engagement and optimal energy. That is why it is essential that we develop our “muscles” in four dimensions: physical, mental, emotional, and spiritual.

A large number of international studies confirm that the key to long-term success – for the individual and the company – is a high level of engagement. Unfortunately, many companies suffer from low levels of engagement. A major study of over 90,000 people in 18 countries revealed that only 20% are fully engaged in their work. Almost 40% were totally disengaged.\*

The objective of PEAK education is to help you to increase your capacity for full engagement. Unlike many other leadership programs – which are often designed to promote specific skills – PEAK education focuses on how you can increase your overall capacity by optimizing your energy use.

PEAK education gives you the knowledge and the tools you need to develop the Self-Management skills that will help you to reach your goals.



## A premium program for effective Self-Management.

**PEAK education** puts you – and your capacity for optimal energy use – at the center of our course in self-management. Based on recent scientific findings from performance psychology, the course serves as an essential first step in a long-term process of change and personal development.

In this intensive 3-day course, we combine short lectures with workshop exercises, personal reflection and group discussion.

**Duration:** 3 days (2+1 day)

### Day 1

- Presentation of main concepts and exercises to illustrate and anchor the concepts at a personal level
- Discussion of the results from your personal energy analysis
- Physical Energy – Theory and workshop
- Spiritual Energy – Theory and workshop

### Day 2

- Emotional Energy – Theory and workshop
- Mental Energy- Theory and workshop
- Getting started with your process of personal change for energy optimization

### Day 3

- A discussion of progress to date
- Psychological insight into human behavior – and barriers to change
- More on Mental Energy – the brain, willpower, and developing self-control

## As a participant in PEAK education you will benefit from:

- A solid understanding of the major findings from research in performance psychology
- A personal energy analysis as the starting point for your program for change
- An understanding of the “energy model” as an effective tool for realizing your goals and potential
- Insights from new methods for developing effective self-management and achieving your personal PEAK in your work and private life.
- Help and support in designing and implementing a personal training program for optimizing your energy
- Personal coaching and follow up (1,5 hours)

**Location:** According to agreement

**Dates:** According to agreement

**Time:** 8:30-17:00

**Cost:** Please contact us for further information