

# Philosophy, Preparation & Performance Unpacked

*"There are two ways of meeting your difficulties: You alter the difficulties or you alter yourself to meet them"*

Phyllis Bottome

In this workshop, team members will artistically discover their philosophy & what matters most to them. With clarity around why they think, feel and act the way they do, they operate with greater purpose and passion.

Nam will share the powerful, preparation & performance habits that today's best business minds & athletes are using to create their ideal mindset & state. Participants then determine their own, enabling them to make the most of each day and thrive when the pressure is on.

The 3 main areas covered are:

**Philosophy:** Discovering your philosophy & developing principles and rituals to support it, so that your work and life experiences are more energising & enjoyable.

**Preparation:** Detailed discussion & demonstration of what the elite do to prepare their body & mind for the day.

**Performance:** Diving in to what happens under high levels of stress and how to regulate your responses in order to maintain a healthier mind and body.

## FOCUS AREAS & OUTCOMES:

- Discover Your Philosophy & Use It Daily to Empower Yourself
- Training & Preparation Principles of World Champion Athletes & Business People
- Regulating Your Stress Response for a Healthier Mind & Body
- Thriving Under Pressure For Sustainability in Work & Life
- Smarter Nutrition & Movement Principles for Body-Brain Health & Energy
- Heart Health & It's Relationship With Anxiety & Stress

*Whilst tailoring this workshop to suit your agenda, we can discuss the option to include activities ranging from entertaining to challenging, giving your team the chance to practice the high performance habits & tools discussed in the workshop. Great for team bonding too.*

## TIMES & PRICING:

3-4 hour interactive workshop.  
Pricing available upon request.

