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UNIQUE 1:1 COACHING AND
GROUP/TEAM TRAINING

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ENERGY, RESILIENCE, PERFORMANCE

Overview

In today's fast paced world of competitive workplaces and relentless change, increasing your energy and resilience is essential for you to perform at your best. This course teaches you the most advanced and effective way to do this. Unlike many training programmes in the marketplace this course is validated by leading edge science. This training is based on the book: **Peak Performance in 60 Seconds**-*The 4 Essentials to Maximise Your Energy, Resilience and Business Performance*.

It is divided into three modules:

Managing Your Mind -Managing Your Emotions -Managing Your Fuel and Body.

This integral approach trains delegates how to:

- ∞ Become more productive and effective under pressure without compromising your personal health and happiness.
- ∞ Eliminate psychological and emotional stress for greater productivity and improved health.
- ∞ Create a highly resilient mind-set that thrives in times of immense change and volatility.
- ∞ Program your mind for peak performance and make your business goals a reality.
- ∞ Create absolute belief in yourself and your abilities.
- ∞ Create a workforce that takes unconditional responsibility for their emotions, actions and results.
- ∞ Stop the afternoon energy slump and dramatically increase your physical energy, mental alertness and emotional balance.
- ∞ Develop a flexible and agile mentality that is rapidly creating innovative ideas ahead of the curve.

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Business Benefits

- ∞ A new level of energy, confidence and enthusiasm creating a high performance culture.
- ∞ Individuals taking 100% responsibility for their emotions, actions and results leading to targets being achieved by a greater number of people.
- ∞ Increased productivity.
- ∞ Increased health and energy leading to reduced staff turnover, absenteeism and conflict.
- ∞ Develop new creative ideas to break new boundaries and gain competitive advantage.
- ∞ Aids a successful culture change programme.

Managing Your Mind

Outcomes

Understand how beliefs create our perceptions, govern our emotional reactions and drive our behaviours.

Understand that an ingrained successful attitude only happens with an alignment of the conscious and subconscious mind.

Reprogram your mind to increase your motivation, confidence and drive to succeed no matter what the corporate environment and economy is doing. Create absolute belief in yourself and your ability to succeed and take action way out of your comfort zone.

Learn the Optimal Brain Technique©

The Optimal Brain Technique is scientifically validated to create a 'super focused mind state' and activate the 'genius centres' of the brain in just 60 seconds. This technique is the most advanced and effective way to achieve a heightened state of awareness, concentration and focused attention. It is ideal to use before meetings, presentations, pitches, important/difficult conversations, to become calm, centred and present and to program your subconscious mind with your professional and personal goals. The technique is also used for problem solving and as a rest and renewal meditation.

Brain activity has been measured when using The Optimal Brain Technique (and validated by brain surgeon and Professor of Neurosurgery, Kazadi Kalangu M.D. - Vice President of the World Federation of Neurosurgical Societies.) This technique creates the premium brain state and the more you use it, the more you are literally training yourself for peak performance states of mind known as **Flow** or The **Zone**.

Managing Your Emotions

Understand what emotions are and the huge impact they have on health and performance.

Understand that the majority of your emotional reactions are 'autopilot' unconscious responses that mostly limit your performance.

Change and update your emotional reactions to increase your resilience, resourcefulness and productivity.

Learn the scientifically validated Emotional Balance Technique© which eliminates psychological and emotional stress, fear, worry, doubts and blocks to success.

Take the 16 scale *Individual Effectiveness*™ emotional intelligence profile and create a specific personalised development plan.

Managing Your Fuel and Body

Learn Nutrition for the Mind that guarantees

Enhanced and more sustainable mental energy, less mental fog, innovative ideas produced more rapidly, increased positive outlook, improved concentration, memory, attentiveness, improved creative/divergent thinking capacity.

Learn Nutrition for Stress that guarantees

A radically improved capacity to deal repeatedly with the stressor associated with high performance and to be able to recover from them rapidly so as to maximise performance and corporate longevity avoiding burn out.

Learn Nutrition for Rest and Recovery

High Performance is dependent on appropriate rest and recovery. The mind and body can achieve extraordinary feats of excellence if it is given the right fuel and nutrients to facilitate 'sustainable' performance levels way and above those competitors that are not exploiting this knowledge!

