

More Than Ever Before, Organisations Today Need Highly Resilient, Energised, High Performing Employees. But how is this achieved?

This book shows you the most powerful and effective way to achieve this using the 4 Essentials to Maximise your Energy, Resilience and Performance: **Managing your Mind, Managing your Emotions, Managing your Fuel and Managing your Body.**

Learn the scientifically validated **Optimal Brain Technique** © which creates a peak performance brain state and a super focused mind in just 60 seconds (hence the book title).

Learn the **Emotional Balance Technique** © which eliminates psychological and emotional stress and blocks to success.

You will learn a practical 10 step plan that will teach you to:

- Create a highly resilient mind-set that thrives in times of immense change and volatility.
- Become more productive and effective under pressure without compromising your personal health and happiness.
- Program your mind for peak performance and make your business goals a reality.
- Create absolute belief in yourself and your abilities.
- Stop the afternoon energy slump and dramatically increase your physical energy, mental alertness and emotional balance.

“Chris’s techniques show you how to program your brain and body for top level performance.”

**KazadiKalangu - Brain Surgeon and Professor of Neurosurgery.
Vice President of the World Federation of Neurosurgical Societies.**



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Peak Performance In 60 Seconds

Chris Walton MSc

“This book is a ‘must-read’ for people who want to perform at their best in today’s rapidly changing business climate”

Vlatka Hlupic - Professor of Business and Management, University of Westminster Business School



Peak Performance In 60 Seconds

The 4 Essentials to Maximise Your Energy,
Resilience and Business Performance

Chris Walton MSc

Contents

Introduction	1
Part 1 Managing Your Mind	5
<i>Chap 1 Using Your Mind to Maximise Your Energy, Resilience and Performance</i>	6
The Mind-Body Connection	6
Your Beliefs Control Everything You Think, Feel and Do	7
Beliefs are Not Attitudes	10
Beliefs are Not Just Psychological	10
Where Do Your Beliefs Come From?	12
Changing Beliefs Increases Sales by 50%	14
The Power of Belief and Your Physical Health	14
<i>Chap 2 How to Move from Motivation to Lasting Change</i>	18
You're in Two Minds	18
Your Mind Was Programmed Long Ago	19
The Power of Your Subconscious Mind	22
How Conscious are You?	24
Expanding Your Awareness Exercises	27
Maximise Your Energy, Resilience and Performance Action Step 1	28
Reach New Levels of Business Performance using the Power of Your Subconscious Mind	29
<i>Chap 3 How to Optimise Brain Function for Mental Clarity, Heightened Focus and Concentration</i>	32
How Powerful are You?	32

You Have Three Brains	34
Phase Lock Your Brain to Maximise Performance	37
The Power of Your Heart and Optimal Performance	38
You Broadcast Your Emotions 24 Hours a Day	39
How Your Emotional State Unlocks Your Brain's Potential	40
<i>Chap 4 Program Your Subconscious Mind for Success – The Optimal Brain Technique[©]</i>	43
1. Using The Optimal Brain Technique to Program your Subconscious Mind	45
Creating Your Own Belief Statements	46
How Many Times do you need to use the Technique before a Belief is Integrated into the Brain and Body?	47
2. Using The Optimal Brain Technique to Achieve a Heightened State of Awareness and Focus	47
3. The Optimal Brain Technique and Problem Solving	47
4. The Optimal Brain Technique Rest and Renewal Meditation	48
Why The Optimal Brain Technique Works	48
Maximise Your Energy, Resilience and Performance Action Step 2	50
Part 2 Managing Your Emotions	51
<i>Chap 5 Using Your Emotions to Maximise Your Energy, Resilience and Performance</i>	52
The Emotions of Peak Performance	53
The Health Effects of Stress	55
The Most Effective Way to Eliminate Negative Psychological and Emotional Stress	56
The Emotional Balance Technique [©]	59
When to Use This Technique	65
Maximise Your Energy, Resilience and Performance Action Step 3	65

<i>Chap 6 Using Emotional Intelligence to Maximise Your Energy, Resilience and Performance</i>	66
What would it be like if your Organisation was Emotionally Intelligent?	67
Measuring your Emotional Intelligence	68
Maximise Your Energy, Resilience and Performance Action Step 4	71
Part 3 Managing Your Fuel	73
<i>Chap 7 How to Eat to Maximise your Energy, Resilience and Performance</i>	74
The One Physiological Rule that Guarantees Optimal Physical Energy, Emotional Balance and Mental Clarity	74
Eating Fat Doesn't Make you Fat	74
The Key to Permanent Fat Loss	75
Food is the Most Powerful Drug	76
Guidelines for Keeping Blood Sugar Levels Stable	78
How Much Water do you Need to Drink?	79
The Post Meal and Snack Test	79
Maximise Your Energy, Resilience and Performance Action Step 5	80
Maximise Your Energy, Resilience and Performance Action Step 6	81
Part 4 Managing Your Body	83
<i>Chap 8 Understand Your Body's Rhythms to Maximise Your Energy, Resilience and Performance</i>	84
Maximise Your Energy, Resilience and Performance Action Step 7	86
Maximise Your Energy, Resilience and Performance Action Step 8	87
Stress Causes Adrenal Fatigue	88

How do you know if your Adrenal Glands are Overworked or Fatigued?	89
Here are 10 Ways to give your Adrenals a Boost	89
Maximise Your Energy, Resilience and Performance Action Step 9	91
Exercise - Do you really have to, and if so how much do you need to do?	92
Exercise - The Facts	94
Easy Ways to Get Fitter	95
Maximise Your Energy, Resilience and Performance Action Step 10	99
<i>Chap 9 The 10 Steps to Maximise Your Energy, Resilience and Performance</i>	100
Appendix - Belief Statements	103
Turning Stress into Success	104
Effective Communication	105
Self Esteem and Confidence	105
The Seven Habits of Highly Effective People	107
Peak Sales Performance	108
Exceptional Leadership	108
Relationships	109
Wealth	110
Body and Health	111
Self-Empowerment and Professional Development	111
About the Author	113

Introduction

**You can read and apply this book
in less than 60 minutes.**

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 book shows you the most advanced and effective way to do this. You will learn a practical 10 step plan to maximise your energy, resilience and performance that you can apply immediately.

In Chapters 1-4 **Managing your Mind**, the *new* understanding of the power of your belief systems on your health, performance and success is explained. This is essential empowering knowledge that we all need to understand. You learn the different effects the conscious and subconscious mind has on your performance and I teach you **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*.

In Chapters 5 & 6 **Managing your Emotions**, you learn that most of your emotional reactions are based on past experience associations stored in your subconscious mind. Think about it, if you were consciously choosing your emotions surely you would choose to feel calm, relaxed or some form of good all the time, but you can't!

Our emotional brain is one million times more active than our thinking brain, and this means that measuring, understanding and developing your emotional intelligence is absolutely essential to increase your energy, resilience and performance. You cannot become more resilient if your choices to current situations are based on emotional reactions from past experiences and associations. This is just one reason most people find change hard; emotions keep you fixed in a certain 'bandwidth' of behaviours and responses available to you. I show you how to change this 'bandwidth' and how to eliminate psychological and emotional stress using the scientifically validated **Emotional Balance Technique**®. You can take the *Individual Effectiveness*™ emotional intelligence profile which measures 16 key areas of emotional intelligence. This gives you a deep understanding of your strengths and weaknesses and you develop a set of practices and techniques to improve your self-awareness, self-management and awareness and management of others. All the research shows that external market forces being equal, a highly emotionally intelligent organisation is a highly successful organisation.

In Chapter 7, **Managing your Fuel** you learn the number one physiological rule you have to follow with your nutrition to maximise your physical energy. You learn a simple 'post meal and snack test' to help you maintain a high performance state.

In Chapter 8, **Managing your Body** explains that human beings do not work like computers; doing more and more, faster and faster, running multiple programs for long periods of time in a continual linear progression. Our bodies work in 90 minute cycles of high output and focus followed by a need for renewal and recovery. Learning how to work with these cycles stops fatigue and burn out and boosts your energy and resilience on all levels, enhancing your creativity, productivity and performance. You can arrange for an 'integral health test' to find out exactly what your body needs to achieve optimal health and energy.

Chapter 9 summarises **The 10 Steps to Maximise your Energy, Resilience and Business Performance** and you can start the 30 day challenge.

The Training Programme:

'Energy, Resilience, Performance'

The 4 Essentials to Maximise Your Energy, Resilience and Business Performance training programme is totally unique. It is the most advanced and comprehensive change and performance improvement programme available today. It has a flexible modular structure with the option of unique 1:1 subconscious belief change and emotional balance coaching. For more information:

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58 minutes left. Are you ready? Let's go...

Training Programme Testimonials

“We have used many training companies but more than any other I am consistently reminded by observations in employee behaviour that the investment with you is a key element in our change management process. There have also been examples of business wins that were a direct consequence of the mindset coaching and advice you had given them. This was demonstrated by our best ever business performance in Q4.”

Former CEO SAP UK

“It was totally invaluable to my personal life and professional success and I highly recommend it.”

Managing Director, The Pearl Group

“A year on from the training and we are still creating exceptional performance increases.”

Sales Director, formerly Tyco Healthcare

“This course always scores the highest feedback on our Leadership Development Programme.”

East Sussex NHS Trust

“Our performance improved 125% over 12 months.”

Managing Director, Kennet Life Insurance

“Within 6 weeks of the team completing the programme there was a 50% increase in new product sales.”

Regional Sales Director, Thompson Directories

