



**Chris Walton Msc**

PERFORMANCE PSYCHOLOGIST

UNIQUE 1:1 COACHING AND  
GROUP/TEAM TRAINING

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## **PEAK PERFORMANCE COACHING**

### **Unique 1:1 Performance Psychology Coaching**

Peak Performance coaching is a unique process that is specifically designed to accelerate the success of the individual. Using scientifically validated mind-body change technologies you will remove any limiting beliefs, negative emotional reactions, doubts and blocks to success and you will:

- ∞ Become a powerful influencer with presence to make others want to follow you.
- ∞ Become a world class presenter that captures any audience with a passionate message that leaves them inspired to take action.
- ∞ Program your mind for peak performance states known as The Zone or Flow and make your business goals a reality.
- ∞ Learn the Optimal Brain Technique© to access a heightened state of awareness, concentration and focused attention. The Optimal Brain Technique is ideal to use before meetings, presentations, pitches, important/difficult conversations and to become calm, centred and present. The technique is also used for problem solving and as a rest and renewal meditation.
- ∞ Create absolute belief in yourself and your abilities.
- ∞ Learn the Emotional balance Technique© to eliminate psychological and emotional stress for improved health, energy and productivity.
- ∞ Learn how to achieve and maintain high levels of physical energy, mental alertness and emotional balance.

# PEAK PERFORMANCE COACHING



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

- **David Huntley, Managing Director,  
The Pearl Group**

“I have used coaches over the years but Chris’s coaching methods are light years ahead. One word; Transformational”

- **Kent Thompson, Managing Director,  
The Pertemps Group**

“This totally opened a new level of my potential”

- **Anne-Marie Willis, Sales Director,  
Formerly Tyco Healthcare**

