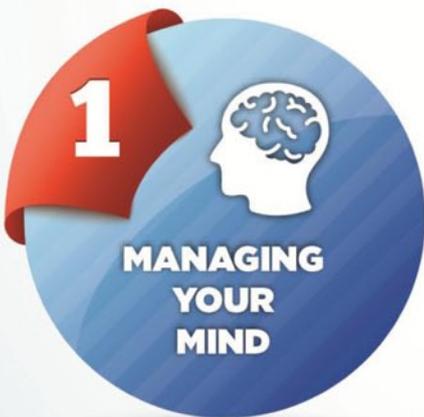




The Energy and Resilience Program



**A UNIQUE SCIENCE BASED PROGRAM
TO MAXIMISE EMPLOYEE ENERGY AND RESILIENCE**

Training Programme

The Energy and Resilience Program

Program Overview

In today's fast paced world of competitive workplaces and relentless change, increasing your energy and mental resilience is essential for you to be healthy and perform at your best. This course teaches you the most advanced and effective way to do this.

The Energy and Resilience program uses leading edge science and is based on the best-selling book: **Peak Performance in 60 Seconds**-*The 4 Essentials to Maximise Your Energy, Resilience and Performance*.

These modules have been designed to create maximum impact and practicality whilst spending the least time away from the 'desk'. The programme is best completed 1 module a week for 3 weeks.

This integral approach trains delegates how to:

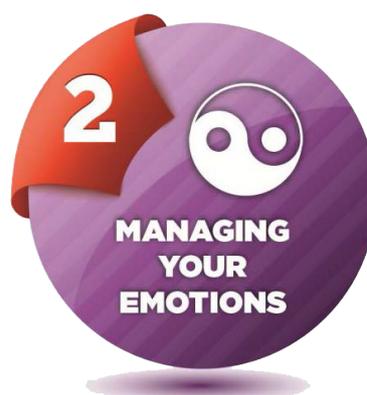
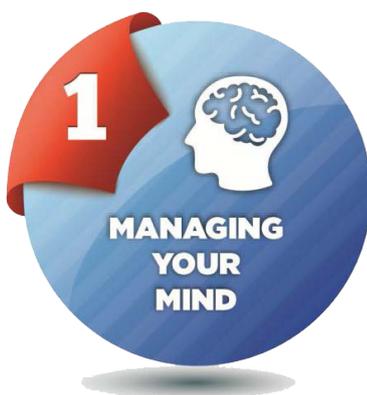
- Become more productive and effective under pressure without compromising your health and happiness.
- Eliminate psychological and emotional stress for greater productivity and improved health.
- Create a highly resilient mind-set that thrives in times of immense change and volatility.
- Program your 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.

The Energy and Resilience Program

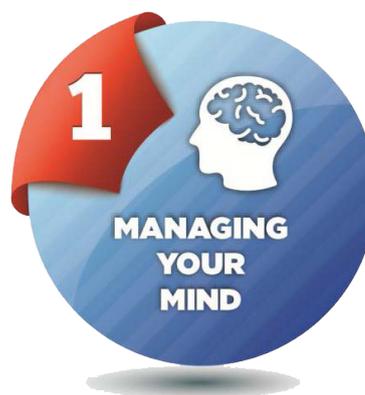
The Business Benefits:

- 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.

**A unique science based program to
maximise employee energy and resilience.
Format 3 x 90 Minute Modules:**



Managing Your Mind.



Delegates learn the key aspects of mindfulness plus a scientifically validated mind coherence technique: The Gamma Mindset Technique©.

This simple to apply technique is scientifically validated to create an 'Optimal Mental State' in just 60-90 seconds. It has 3 core applications;

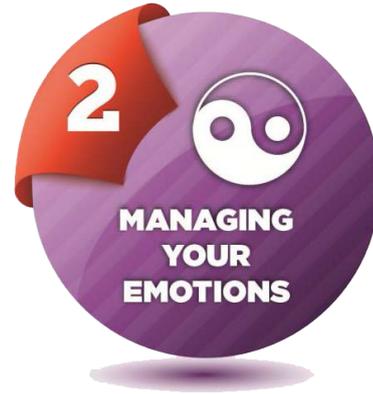
- 1.** To achieve a heightened state of awareness, concentration and focused attention. It is ideal to use before meetings, presentations, pitches, important/difficult conversations and to become calm, centred and present.
- 2.** To find solutions to problems. When you perform the Gamma Mindset Technique you switch your stress response off and optimise your higher thinking centres allowing for clarity of thought and wisdom to make the best decisions.
- 3.** As a rest and renewal session. Performing the 'GMT' creates a profound relaxation and healing response in the body.

Brain activity has been measured when using The Gamma 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 optimal brain state and the more you use it, the more you are training yourself for peak performance states of mind known as Flow or The Zone.

The Energy and Resilience Program

Managing Your Emotions



Delegates learn how to become emotionally balanced and healthy and eliminate emotional stress; anxiety, frustration, self-doubt etc using the 'Emotional Freedom Technique'.

It is simple to learn and apply and is by far the most effective and practical technique to eliminate emotional stress and bring the brain and body back into balance.

Managing Your Fuel.



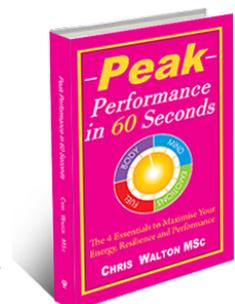
Delegates learn:

- The 2 physiological principles that are essential to follow for increased physical energy, mental clarity and emotional balance.
- The 'post meal and snack test' to personalise your eating habits to increase your energy and well being.
- How to supplement to maximise your energy and create vibrant health.

Delegates also receive a copy of the book:

Peak Performance in 60 Seconds

The 4 Essentials to Maximise Your Energy, Resilience and Performance



The Energy and Resilience Program

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 mind-set coaching and advice you had given them. This was demonstrated by our best ever business performance in Q4.”

CEO SAP UK

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

Managing Director, The Pearl Group

“The dedication and focus of the team was so much more improved after completing the training and as a result we enjoyed a 16% growth in our business”.

Sales Director, formerly Tyco Healthcare

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

East Sussex NHS Trust

“If you want your employees to be resilient and be able to perform at their best under the pressures, stress and immense pace of change in today’s corporate world, you need Chris’s program”

Vlatka Hlupic PhD

Professor of Business and Management – University of Westminster

Some organisations Chris has coached in:



The Energy and Resilience Program

About Chris Walton;

Chris is an internationally recognised performance psychologist and the author of two best selling books;

Peak Performance in 60 Seconds – The 4 Essentials to Maximise Your Energy, Resilience and Performance.

The Gamma Mindset – Create the Peak Brain State and Eliminate Subconscious Limiting Beliefs, Anxiety, Fear and Doubt in Less Than 90 Seconds! And Awaken the Next Stage of Your Potential to Create the Future You Want.

Chris has coached world champion athletes and corporate executives to perform at their best, and he teaches the Energy and Resilience Program on the MBA programme at the University of Westminster Business School in London.



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