

Achieving Peak Performance in Life AND Work



Focus on: **The Manager** ☒ **The Specialist** ☐ **Spotlight Programme** ☒ **Hands-on Skills** ☐



Course Overview

Be The Best You Can Be is a much-quoted mantra aimed at people wanting to get more out of Life and Work – but it never seems to be that easy! Just when we think we can do more, achieve more, be more; the world seems to conspire to do its worst. This programme shows you tried and tested methods that work under pressure.

For professionals in sub-Saharan Africa, learning how to stay resourceful and effective ensures they can sustain performance while delivering on ambitious development targets. Delegates will explore practical strategies for resilience, focus, and productivity that align with the continent's growth ambitions. These skills help individuals contribute positively to economic, social, and organisational transformation.

Specifically, you will learn to:

- Understand what you want to achieve and how to go about it
- Maintain positivity and useful traits in the face of adversity and difficulty
- Demonstrate behaviours that inspire self and others to achieve more
- Direct your thoughts and actions toward positive outcomes
- Access your Mojo when the chips are down

Course Objectives		This Course is Ideal For:	
1	Understand how to maintain a resourceful mindset at all times	✓	Anyone who wants to get more out of life
2	Learn the secrets and outcomes of positivity	✓	Anyone who wishes to inspire friends, family and work colleagues to get more out of their lives
3	Use high performance thinking in the workplace		
4	Identify what you can influence and control		
5	Develop an everyday strategy for staying at the top of your game		

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Course Content

Day	Theme	Coverage
1	Defining purpose and directing yourself towards it	<ul style="list-style-type: none"> Understanding your purpose Aligning beliefs and behaviours to support your purpose Directing your thoughts and feelings toward your wellbeing Working with your Chimp
2	Managing the way you think, and taking responsibility	<ul style="list-style-type: none"> Being Brilliant – the basics of positivity The Heliotropic Affect What you think about magnifies – how your thoughts can derail you Taking Personal Responsibility Understanding your impact
3	Handling pressure and staying engaged	<ul style="list-style-type: none"> MOJO – finding your magic under pressure Engagement – tactics to stay engaged Attaining the Edge in Performance What the Edge does to your state & mindfulness Team exercise and debrief
4	The importance of clarity in mindset and understanding positive outcomes	<ul style="list-style-type: none"> Playing life from a Ten Avoiding Mood Hoovers Mindset – why it matters in life Vital Skillsets The Iceberg of positive outcomes in daily use
5	Understanding your comfort zone, influencing and being influenced, and dealing with stress and	<ul style="list-style-type: none"> Comfort Zone Island Circles of Influence Why your response is always important Understanding stress and moving forward Course review

Course Assessment

Participants will be assessed on:

- Participation in sessions
- Completion of exercises & case studies
- Performance in assessments

Certification

Upon successful completion of the course, participants will receive a **Certificate of Successful Completion**, along with a **Transcript of Marks** showing the performance by grade in each element of assessment and overall.

Course Instructor

The speaker is an independent Learning and Development Specialist with over 20 years' experience in Training, Facilitation, Speaking and Coaching. In addition to this he had 25 years of operational leadership experience in areas including IT, Finance, Audit, Supply Chain and HR. The speaker has spent most of his working life with forward thinking blue-chip Organisations in the UK and Europe. He has worked for

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Multinationals including Google, Apple, Aramco, Johnson & Johnson, Deutsche Bank and Barclays, as well as SMEs in areas as diverse as Fintech, Health, Pharmaceuticals and Security.

In the last 20 years he has worked in over 30 countries around the world and believes that exposure to so many different ages, nationalities and cultures has really helped his experience of people and how to help them develop, both in their jobs and in their personal lives.