



TEAMCORP
AUSTRALIA

EXECUTIVE ATHLETE



What do professional athletes and top executives have in common?

Much more than you think.

The Executive Athlete (EA) Program is the ultimate way to boost your performance. We take principles from some of the worlds elite athletes & apply them to your performance as an executive in this fast-paced, 24/7, out-of-control existence. Many executives spend their working days stressed-out, zoned-out & on the edge of burn-out, which deprives them of their ability to perform at their best, & stops them from being 'Fully Engaged' in and out of work.

The EA Program works on the Six Performance Principles to create High Performance Habits that allow you to operate at 100% engagement and take your performance to the next level. You work with a Performance Coach, Personal Trainers, Dieticians & other experts to help you achieve your Full Potential.

...all for a comparable cost of regular executive coaching programs.



BENEFITS

INDIVIDUAL BENEFITS

- Better work-life control
- Improved health and fitness
- Increased purpose, commitment and motivation for all aspects of life
- Improved relationships
- Better direction and focus
- Improved leadership capability

CORPORATE BENEFITS

- Improved employee engagement
- Increased productivity and satisfaction
- Increased commitment to the vision and personal goals
- Decreased absenteeism
- Decreased employee turnover and burnout
- Culture of high performance and intrinsic motivation



PERFORMANCE PYRAMID

THE SIX PERFORMANCE PRINCIPLES

Underperformance & Burnout

Sustained Performance & Wellbeing

No time to rest and recover
Stress accumulates as a result

Renewable

Clear recovery strategies to manage
stress and fuel performance

Stress, pessimism and negative emotions
control our actions and affect our physiology

Emotional

Emotional flexibility
Controlling stress and emotions
stimulates performance

Loss of focus and intensity
Thought processes affect physiology

Mental

Mental strength
Sustained focus and awareness

Lack of energy causes
poor cognitive function

Physical

Fit for purpose
Focused physical activity, diet

Not connected to clear
and meaningful goals

Purposeful

Connected to purpose in
everything we do

Feeling of no control
No stimulus to change

Accountable

Clear action plans for
taking control
Understanding of choice and
accountability for actions

THE SIX PRINCIPLES IN DETAIL

Accountable Mindset – Facing the Truth

A large part of controlling stress and improving performance is a feeling of control over your situation. All positive change starts with facing the truth about the choices we make and what drives our behaviour.

Purposeful Focus – Clear & Meaningful

Clear and meaningful purpose is the single thing that keeps athletes on-task day-in, day-out. It should be no different for your staff. Being unable to connect to the things that are most important to you is a recipe for disengagement and low motivation. Clarify outcomes and develop focused behaviours that keep you engaged.

Physical Health – Fit for Purpose

Physical health gives us the energy to stay fully engaged, to focus on problem solving and to manage stress and other emotions. Maximise your time by understanding the most valuable and effective things you can be doing to improve your health and fitness.

Mental Strength – 100% Focus

Athletes get the most out of each training session, each competition and each moment by being able to focus intensely for short periods of time, fighting our natural temptation to stay in our comfort zone. We assess your Performance Profile, and design strategies to stay motivated and focussed on the most important things.

Emotional Flexibility – Stress as your friend, positive emotion

Stress, frustration, anger, anxiety, pessimism... These things drain our energy and stop us from making great decisions, leading people effectively and connecting with our loved ones at the end of the day. They also create some toxic, physiological by-products that lead to illness. Develop strategies for dealing with these negative emotions and to stay 'Fully Engaged' to achieve great things in and out of work.

Renewable Energy – Recovery & Adaptation

Athletes have it easy – rest and recovery sessions, 6-8 weeks off and 3-4 months to prepare for competition. Your people have almost none of this. We have no time to 'switch off', we have commitments everywhere, and we are electronically connected 24/7. Stop the cycle that keeps you 'overtrained' and start to factor in recovery to boost performance and avoid burnout.

OUR PEOPLE

Teamcorp aims to bring you Australia's leading performance experts, including Performance Coaches, Conditioning Experts, Dieticians, Performance Psychologists and more. These people are guaranteed to make a difference to your life.

EXECUTIVE ATHLETE HEAD COACH

The EA Program is an initiative constructed by Tony Wilson, founder of Teamcorp Australia. Tony has spent over a decade working with elite athletes, sporting teams, executives and businesses around the globe. His unique combination of practical experience as a Performance Coach, coupled with the theoretical background of an MBA gives him a firm grasp of what it takes to succeed at the highest levels. Tony works closely with many business leaders and athletes to help them achieve their goals.

For more information, or for customised programs, contact us on

Phone 07 3398 7391

Email info@teamcorpaustralia.com.au

Web www.teamcorpaustralia.com.au/ea

