

PREP PROGRAM

Performance, Resilience, Engagement, Productivity

Overview

In my work with athletes, I learned that they had to make the most of each day's effort to be most successful over the long term. Without the ability to approach each day with 100% intensity, success would be elusive. But in order to do this without burning out, they had to learn some skills to manage their performance, stress levels and resilience.

What are you doing to help your people perform at their best without burning out? You can look after their performance and their mental, physical and emotional well-being at the same time; in fact our research shows that these things are co-dependent.

As the corporate landscape gets more and more competitive, your people need some 21st Century skills to remain engaged, productive and resilient. These skills centre around six performance principles.

These principles link the science of performance and well-being to our every-day actions and help you incorporate it into the work lives of your staff.

Format:

This can be done in a two-day retreat or a series of modules around the six performance principles. Each module is approximately 2 hours in duration.

Fees:

Options 1: Separate modules: \$2 250 + GST per module

Options 2: Two-day retreat: \$11 700 + GST all modules covered

Includes all assessments, preparation and materials



Biography:

Tony Wilson has spent over a decade working with high performance teams in business and in sport. Originally a Performance Coach with elite athletes and teams throughout Australia and the USA, Tony's understanding of performance science has helped some of our country's greatest athletes build the foundations of sustained high performance. Tony's practical background, coupled with degrees in Science and an MBA, give him a unique perspective on enduring performance, and many high achieving corporate teams and executives throughout Australia now apply his philosophies.

“As a client of Tony's over many years during my playing career, I gained the benefits of being under the care of a thoroughly professional, highly motivated man”

Matthew Hayden AM, International Cricketer

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.