



RESILIENT AND HIGH PERFORMING LEADERSHIP

Methods from world-level athletes to achieve balance and efficiency under stress

CONCEPT

Help individuals master new tools to sustain intensive workload in a more efficient and balanced way while handling stress through mental and physical strength.

The business world is full of exceptionally talented leaders generating the energy to drive their companies forward. To make this happen, the performance levels, the volume of work and the quality and professionalism required are higher than ever before – and often similar to those of an elite athlete. With this in mind, we explore methods and strategies used effectively during strenuous physical and mental competitions and look at how to implement them in a business context. By applying to the corporate environment principles that are common in elite sports, our aim is to maintain high performance in a healthy and sustainable way.

METHOD

The training is based on exercises that explore physical and psychological experiences along with discussions and exchanges based on in-depth knowledge of elite sports and business. We ask you only one thing: come with an open mind, be eager to learn and ready for open exchanges and new experiences. At the end of the day, you'll have taken part in group reflections and in hands-on experiments using strategies you'll be able to put into practice and develop immediately – and, ultimately, apply in your daily routines. Practice requires some sweat – the session will integrate physical aspects and use boxing as a means of experimentation.

TEAM

It will be led by multiple world champion kick-boxer, Greg Wootton, and European champion Thai boxer, Shane O'Neill, in collaboration with PwC's Director in Business Process Excellence, Michka Guerrier.

PREP

No sports background is required.
The workshop participants are aged between 20 and 60 with widely varying physical exercise habits.

OUTCOME

What will change in your day-to-day life after attending this workshop?

- You will be equipped with:
- Pragmatic methods to sustain an intensive workload over a prolonged period of time and to recover both mentally and physically
 - Methods to handle sustained stress (both mental and physical)
 - Methods and techniques that can help boost mental strength in practical situations
 - You'll gain practice-oriented insights into high-performing team cultures

INFO



LENGTH

2 versions:
Full day or half day



LOCATION

On site



FEES

Tailored



STARTS ON

Tailored

BE AN ATHLETE AT A DESK,
NOT A DESK ATHLETE.

For more information:
contact@highrealities.com

