

## Keynote Presentations

### Perform like a world class athlete in business

Your team or delegates may not be international artists, authors, award-winning chef's, prime ministers or elite athletes, but in the many roles they play in their everyday lives, they are expected to 'perform' from the minute their feet hit the floor each morning.

Julie Meek will share inspiring success secrets from international high performers. But it's not just about inspiration. 'Perform like a world class athlete' delivers valuable tips that can be applied immediately in the quest for peak performance and ultimately success.

#### Key Take-Aways:

- The Top 5 strategies that can be applied immediately to move the audience closer to the top of their game.
- The magic formula that successful people use to get to the top and stay there.
- The tools required to embrace the mindset of top performers.
- How people at the top of their game influence others around them to perform at their peak and achieve success.
- Inspiration that anyone can use to get to the top of their own game.

### Maximise your energy for peak performance

V8 Supercar driving requires 100% focus. Legendary British racing driver Stirling Moss describes competitive high speed driving perfectly, "It is necessary to relax your muscles when you can. Relaxing your brain is fatal."

The reality today for many is juggling several tasks at a time and struggling to focus on any one of them for very long. We get so caught up in the business and logistics of life that we don't stop to consider what it is we really want or where to invest our time and energy to achieve our goals.

Our best performance is possible when we alternate between spending and renewing energy rather than our current pattern of being big energy spenders.

#### Key Take-Aways:

- Discover 10 simple steps that will enable your team to achieve more in less time through renewal and recovery. 'Maximise your energy for peak performance,' will immediately re-energise, refocus, and re-engage.