

Leadership and teams performance programs

Iridium is one of the rarest elements contained in the Earth's crust. It's also the most corrosive-resistant metal – a fitting analogy for Julie Meek's series of performance-enhancing leadership programs for executive talent.

Leaders and elite athletes have a lot in common. They're both exposed to stress, tests of endurance and consequences to health. Can you imagine making life changes that will provide the same performance enhancement for your leaders as it does for an elite athlete?

Utilising the attributes of world class athletes is a strategy that enables you to achieve business and personal success that you've only ever dreamt about.

Executives are the 'hard drive' of a company and their performance is key to an organisation's success. The consequences of their decisions ripple and magnify down through the company.

Tough economic times make companies vulnerable to the many uncontrollable factors that result in business success or failure. What can be controlled and influenced for significant gains in productivity and profit, regardless of the economic climate, is the health and performance of your leadership group.

Specialist coaching, education and mentoring on the integral factors that impact performance such as sleep, stress, nutrition, fitness, mental toughness and time management combines the most palpable, tangible and successful methods available. This will enable the leaders within your company to reach their full potential.

1. Keynote Speaking

In house development forums, events, within department and conferences.

2. Online Corporate Program

The right health strategies can revolutionise the output and performance of your staff and employees. Productivity, focus, creativity, motivation, problem solving... all of these factors can be significantly improved in a short amount of time just by focusing on health.

This 8-week online corporate program is designed to address all the most important aspects of your team member's health and peak performance. The content is delivered digitally, and can be accessed at any time (meaning your staff can work through the content at their own time and pace).

3. Half day performance program

Julie presents the vital ingredients to achieve business and personal success through peak performance.

Key Take-Aways:

- ☑ The top 5 strategies that can be applied immediately to move leaders 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.

4. Two hour performance presentations x 6

Conducted over 6 months.

5. Lunch and learn or breakfast buzz series

- ☑ 1 hour performance presentation x 6 (conducted once per month over 6 months).
- ☑ 1 hour performance presentation x 12 (conducted once per month over 12 months).

Programs 4 and 5 cover topics including: fitness, nutrition, the power of sleep, stress, mental toughness, managing time and resources, decision-ship, overcoming adversity and managing risk, future pacing, achieving competence, sacrifice vs. choice and establishing a game plan.