

High Performance — being the best

When did you last feel really excited and passionate about your job?

As individuals, we are incredibly adaptable and are able to accommodate significant changes in our lives which helps us deal with new challenges when they arrive.

However it can also be our downfall—we can quickly lose the initial excitement and enthusiasm for a new job or additional responsibilities.

In fact research shows that by the end of three months, even

the most exciting and demanding challenge can wear thin and we start to operate at just 40%-70% of our true potential.

The High Performance Programme will help you bring that excitement, drive and enthusiasm back into your job.

Instead of accepting a performance of 40%-70%, your coach will help you figure out how to bring 100% every day, how to love what you do, and how to get the most out of your job, your team and your customers.

BUILDING AND SUSTAINING PASSION FOR YOUR WORK

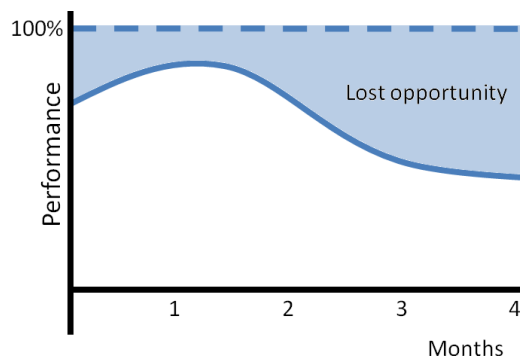
It is a tragedy that most people don't get really excited about their work. Yet when they first took on the job they were highly motivated and enthusiastic to get going. So what has changed?

We have a natural ability to adapt to our surroundings very rapidly and achieve a level of comfortable performance on a day to day basis. Unless we take specific actions, this performance becomes accepted both by ourselves and our colleagues as the norm. Although doing a 'good job' is fine, it is not inspiring and leads to complacency and eventually to boredom.

Our High Performance Programme turns this around by helping you

- Rediscover your enthusiasm and passion for your work
- Understand what drives you and what success means
- Identify frustrations and how to overcome them
- Avoid common mistakes that hold you back
- Inspire yourself and others to be the best

This programme includes a range of tools, exercises and face to face coaching sessions. Additional support is provided over a three to nine month period. See Programme Pricing for details.



PROGRAMME PRICING

Premier	An initial 90 minutes face to face session, followed by four 30 minutes telephone sessions to create an immediate impact and build momentum.	£515
Premier Plus	A sustained programme of change starting with a 90 minute face to face session, then six telephone sessions over a 4 to 6 month period (two 60 minute sessions and four 30 minutes).	£740
Elite	A comprehensive coaching programme with an initial 2 hour face to face session, supported by two further 1 hour sessions face to face and six 30 minute telephone sessions over a 9 month period.	£1060

Pricing includes a 30 minute introductory call to agree scope and objectives, all coaching sessions, standard materials and ad-hoc email support. Travel and materials purchased specifically for the client are charged at cost.

MEET OUR COACHES



Justin McCarthy is an experienced coach with a background in learning & development. After a successful career with the prestigious Mars, Inc., Justin held a number of roles at a large US software company, including head of European Training. Justin specialises in career development and training.



Kate Devos specialises in coaching Executives and Sales Professionals. Her clients benefit from her direct approach and make huge strides in their performance and progression. Kate has worked for many years in sales and business development, managing large and complex global accounts.