

PROFESSIONAL DEVELOPMENT

CORPORATE ATHLETE



DURATION 1 DAY

A cutting edge approach to high performance.

This multi-disciplinary approach teaches you how to stay physically energised, emotionally connected, mentally focused, and completely aligned with whatever goals are most important to you. Helping individuals and companies maximise energy and improve wellbeing – fueling higher performance and inspiring purposeful living.

COURSE MISSION

In this intensive one-day course you will develop skills to optimise your performance and reflect upon your 'Ideal State'. Our aim is to help professionals reach the desired levels of energy, health, vitality, stamina, balance, resilience and productivity. It offers the knowledge necessary to achieve this and help to personalise it.

COURSE METHODOLOGY

We will work with you to align your personal and professional missions and learn simple tools to increase focus and awareness, increase connection and confidence and expand your energy, stamina and mental performance.

WHO IS THE COURSE SUITABLE FOR?

For individuals and professionals who wish to increase their performance and personal energy, and those who work in high pressured environments.

