

Achieving Peak Performance for Success™



Achieving Peak Performance for Success™ empowers individuals and teams to optimize their physical, mental, and emotional health, enabling them to achieve peak performance in their personal and professional lives.

Achieving Peak Performance for Success™ helps participants:

- Establish routines and habits to achieve peak performance
- Utilize key biometric data to improve their overall health and well-being
- Recognize how different behaviors impact their performance
- Identify what triggers stress and build skills for reducing it
- Develop strategies to enhance recovery from physical, mental, and emotional strain



Goal Success
Our Goal is Your Success.

ACHIEVING PEAK PERFORMANCE FOR SUCCESS™

Peak performance at work and in your personal life hinges on a deep understanding of how various factors contribute to your ability to perform. Key factors include physical & mental strain, ability to recover, sleep quality, nutrition, and well-being.

Achieving Peak Performance for Success™ combines deep insights into your unique body and mind with critical education and timely performance coaching. This combination enables behavior adjustments, leading to improvements in your health, well-being, and performance.

KEY FEATURES

- Medical-grade biometric health tracker captures 90 days of key health data
- Personalized health and well-being reports and recommendations
- Evidence-based education about fitness, nutrition, sleep, and recovery
- Comprehensive plan for optimizing physical, mental, and emotional health to achieve peak performance
- Performance coaching targeted to each participant's unique opportunities

TARGETED BENEFITS

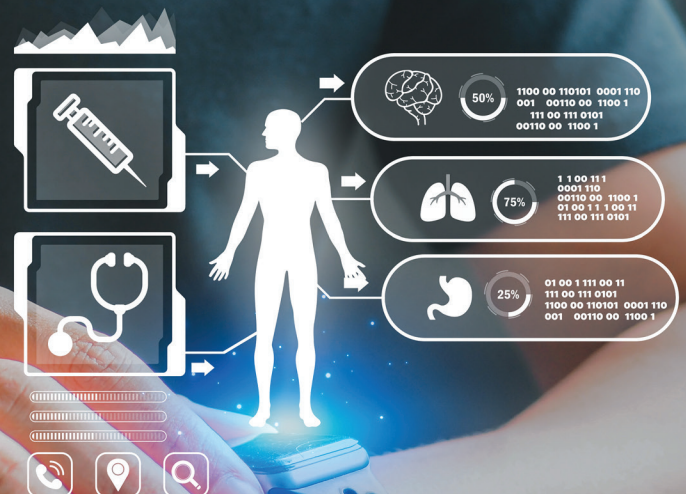
- Improved physical, mental, and emotional health
- Enhanced energy to achieve personal and professional goals
- Heightened sense of overall well-being
- Personalized recovery tools from physical, mental, and emotional strain
- Opportunities to extend health span and improve long-term wellness

EXPERT FACILITATION

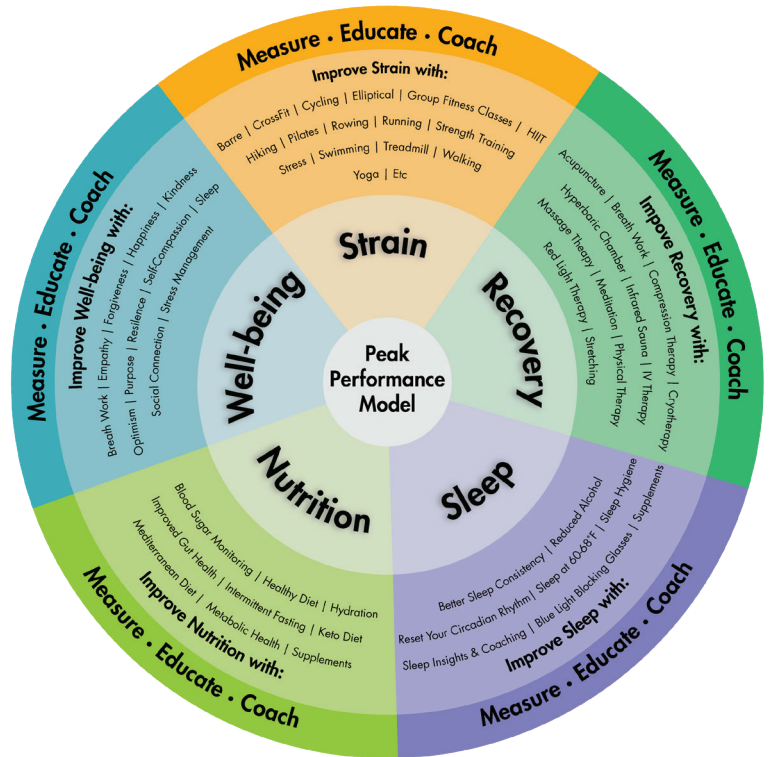
- Highly skilled, regionally-based professionals
- Expertise matched to team and individual development needs
- Local language options

QUICK FACTS

- **Average Class Size:** 1-100
- **Length:** Varies
- **Virtual Option:** Yes
- **Customizable:** Yes



“Our goal is to empower clients to make measurable improvements in their lives by mastering the components of our Peak Performance Model, a comprehensive framework designed to enhance overall physical, mental, and emotional health.”



EFFECTIVE LEARNING ENVIRONMENT

The effectiveness of **Achieving Peak Performance for Success™** hinges on establishing relationships where trust, honesty, and openness are prioritized. During training and one-on-one coaching sessions, our skilled facilitators cultivate an environment where participants feel safe and supported in exploring their health and well-being.

Such a setting encourages participants to:

- Engage in meaningful self-reflection and goal-setting
- Identify and navigate challenges and barriers to peak performance
- Openly discuss their health data
- Receive and integrate personalized feedback and guidance

GLOBALLY RELEVANT. GLOBALLY AVAILABLE.

Achieving Peak Performance for Success™ is available across the globe. This program is currently offered in English and is available in other languages upon request.

GOAL SUCCESS by Design™

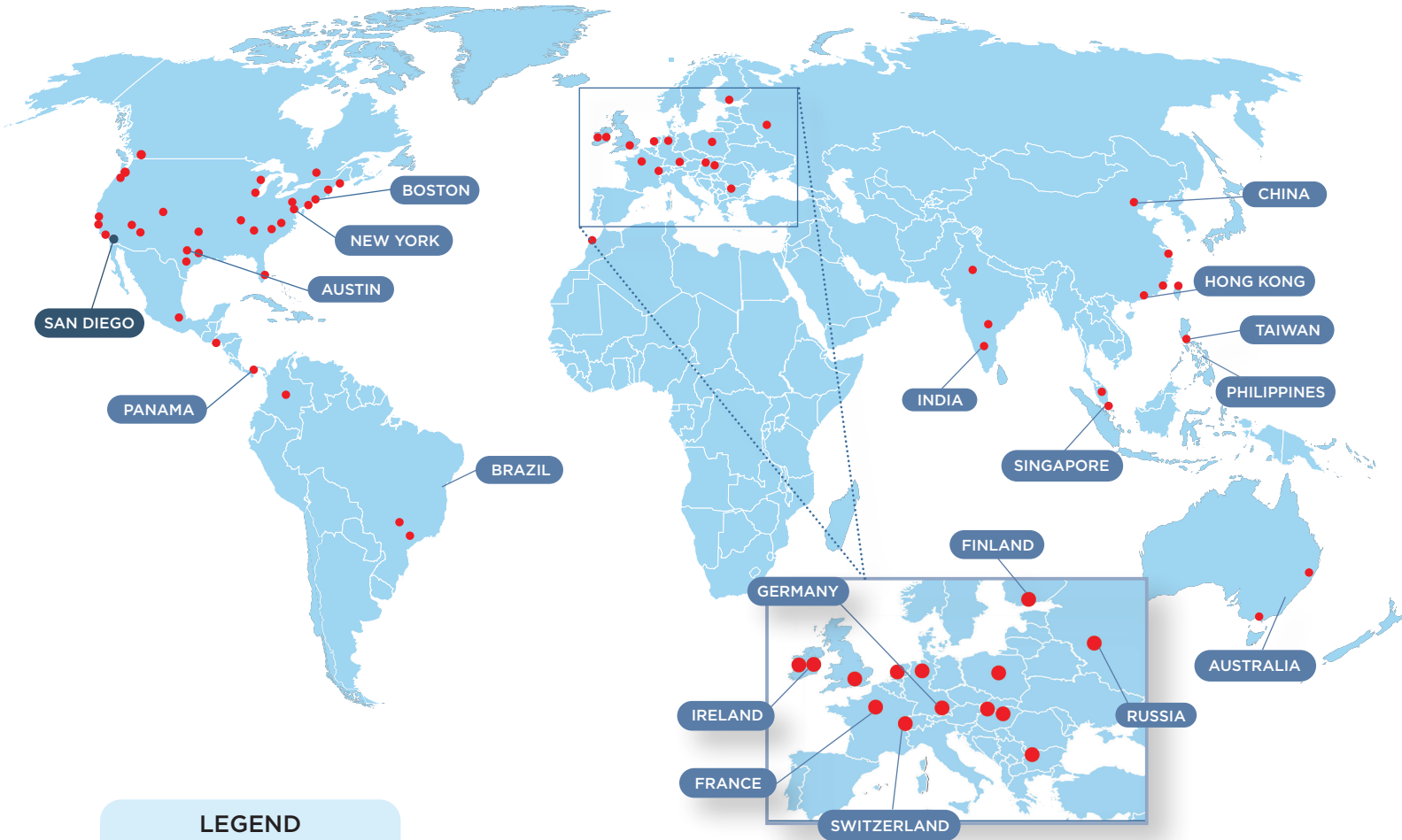
Achieving Peak Performance for Success™ can be customized for your team or organization. Goal Success by Design™ is our process for developing customized client solutions to ensure ultimate relevance to your team or organization. We guarantee that our custom solutions meet your targeted objectives.

With **Goal Success by Design™** we offer:

- Program design customization based on key stakeholder input
- Development of customized participant materials
- Inclusion of team or organization-specific content
- Content licensing opportunities



GOAL SUCCESS LOCATIONS



LEGEND

- Corporate Headquarters
- Global Delivery Teams / Program Delivery Locations

Goal Success, a premier global training and development organization, helps individuals, teams and organizations achieve their most critical goals.

With services ranging from world-class leadership development solutions to high impact training programs, curriculum design and executive coaching, Goal Success delivers lasting results.



Goal Success
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For more information about our products and services, please contact us at:

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