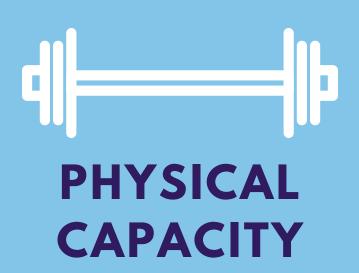
## LIFE CHANGING BENEFITS OF HIGH PERFORMANCE COACHING

Performance Capabilities and Improved Characteristics



Excellent health and vitality as source of energy.



Positive emotions and habits to fuel the body and mind.



## EMOTIONAL INTELLIGENCE

Self-awareness, self-management, social awareness, relationship management.



## MENTAL CAPACITY

Focuses physical and emotional energy on task at hand and endurance.



Confidence, flexibility, selfcontrol, resilience, determination.



Become a powerful source of motivation, determination and endurance for others.

## SUSTAINED HIGH PERFORMANCE

The integration of the above practices results in high performing individuals, akin to elite athletes, who are on top of their game.







on credit: Andrew Doane, Drishya, Nathaniel Smith, Blaise Sewell