

LIFE CHANGING BENEFITS OF HIGH PERFORMANCE COACHING

Performance Capabilities and Improved Characteristics



PHYSICAL CAPACITY

Excellent health and vitality as
source of energy.



EMOTIONAL CAPACITY

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.



MENTAL STRENGTH

Confidence, flexibility, self-
control, resilience,
determination.



SELF- ACTUALISATION

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.



ProVeritas Group
Coaching for Growth

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