



## Peak Performance - 2

### Breakthrough Professional Success Through Personal Transformation

Continue on the journey that began with PEAK -1 to increase engagement, drive performance and create a powerful culture of productivity. The highly effective Peak Performance-2 seminar guides attendees on the path toward dramatic culture change by embracing self-awareness. Participants learn how to uncover hidden beliefs that become major roadblocks to professional and personal success, boost emotional intelligence and increase resilience in the face of continued disruptive change.

PEAK-2 attendees discover how to build on their personal strengths and remove obstacles that lie within. The result is a renewed sense of purpose and well-being that will extend to their personal lives.

- Duration:** 2 days
- Class Size:** Limited to 25 participants.
- Location:** PEAK-2 goes where you are! We can deliver the seminar onsite or offsite, anywhere in the world
- Adaptable:** PEAK-2 can be customized to your industry, mission and behavioral values of your organization

#### Real People. Real Impact.

"Peak Performance-2 has been of tremendous value for our young Directors to strengthen their leadership abilities, develop a greater awareness around their areas of opportunities and strengths, and to foster a positive organizational culture."

**Carlos Nuñez**  
Former Executive Director | **Banamex**

# A learning experience designed to expand knowledge, skills, and capabilities acquired at PEAK-1

## PEAK-2 Guides Participants to:

- Uncover new levels of self-awareness and deepen understanding of self-limiting behaviors and stress patterns through Myers-Briggs In the Grip® and StrengthsFinder diagnostics
- Resolve current “real-world” obstacles to peak performance
- Improve cross-functional collaboration and trust through cutting-edge methodology
- Increase their agility in face of continuing role transitions and rapid technological changes
- Create a realistic roadmap for professional and personal growth
- Gain organizational alignment through the use of the 4-D Decision-Making Model
- Remove barriers to agility and resiliency with powerful techniques such as conscious breathing, mindfulness practices and visualization exercises designed to create new neurological patterns
- Boost cognitive flexibility to quickly adopt new skills and behaviors to thrive in a rapidly-changing world

## Breaking Through Barriers

The PEAK-2 seminar empowers participants to create an achievable roadmap for success. Attendees will learn how their thoughts and feelings affect others just as much as their actions. They will eliminate needless competition that can block performance, boost their social and emotional intelligence skills, and increase team cooperation to improve productivity.

**We show participants how to take their passions, talents and real-life experiences and use them to transform their vision for dramatic, positive change into a reality.**



**READY TO GET STARTED?**

(904) 249-4410 [information@stopatnothing.com](mailto:information@stopatnothing.com)