

Introduction

Today's business world is fiercely competitive and mentally and physically demanding, we need to become "The Balanced Business Athlete". These Athletes like professional sports competitors need energy to be at their peak from dawn until dusk, not just to work smart all day, but to go home and spend quality time with their friends, family and for themselves. This balance is extremely important if we are to perform at the highest levels in our professional and personal life.

If you agree and would like to find out more, attend this inspiring and thought-provoking program, where you will take away principles to enhance your personal and professional life.

Aims

Through a variety of experts this program will explore the mindset needed to improve your personal and professional life and release your true potential. It will give you the tools and techniques to enable you too enjoy the journey and know the direction you are going. The program teaches you correct exercise, nutrition, back care, flexibility and much, much more.

Benefits – to the individual

The information, tools and techniques learnt during the program will impact on both personal and professional lives by focusing on:

- Understanding what is truly important to you and balancing your life accordingly
- Perform more consistently towards the upper range of your talent
- Gain an understanding of what motivates us
- Development of action centred goals that focus on the organisation and the individual
- Personal development of a sound exercise and flexibility program
- Develop a high energy and healthy eating plan
- Understand posture and prevent back pain

Benefits – to the organisation:

- Improved responsibility of the employee
- Reduction in workplace stress
- Improved employee retention
- Less absenteeism through sickness and back problems

Who Should Attend

This is a sound program that will benefit anyone looking for peak performance and improving health in his or her daily life