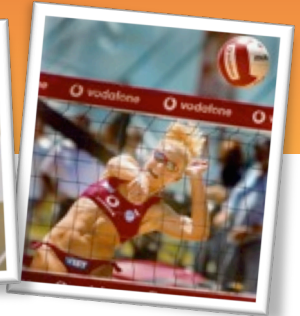


Corporate Athlete Training

Delivered exclusively by Kerri Pottharst

Chief Energy Agent at Peak! Performers



“It’s no longer about *TIME* management, it’s about *ENERGY* management”

Today’s challenging business and social climate requires you to be perfectly fit, both mentally, physically and emotionally.

Regular movement, consistent and adequate sleep, great nutritional habits and a winning mindset all add up to Peak Performance.

This workshop is unique, in that it is presented by one of Australia’s most successful female athletes and most in demand motivational speakers.

Participants will be inspired to learn and adopt new successful habits in 5 key areas of their lives; Mindset, Nutrition, Hydration, Movement and Recovery.

Helping to build a new generation of Corporate Athletes around the country, Kerri will get your staff performing with the highest level of energy, while maintaining great health and happiness.

Corporate Athletes are the Ultimate Athlete

Corporate athletes are under more pressure and face more serious consequences if they fail. There are more demands on their time and no real off-season. They work 8+ hours a day, 5+ days a week for a career that often spans over 4 decades!

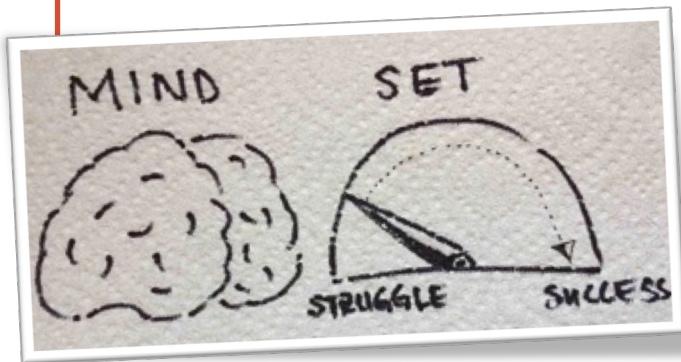


Grounded with the experience of 22 years at elite level sport, 6 years as an elite sporting coach and athlete mentor and 10 years as a motivational speaker and team building facilitator, Kerri inspires “Corporate Athletes” to discover their Peak Performance.

Build your Team from the inside out!



Develop your own personal Blue Print for on-going Peak Performance!



MINDSET

THE MINDSET OF A CHAMPION - Kerri's story of Passion, Persistence, Hard work and Resilience and how she turned Bronze into Gold.
WHERE ARE YOU NOW? Corporate Athlete Energy Audit (questionnaire)
 Dealing with Attitude, Doubt and Limiting Beliefs
 Growing your Comfort Zone - Walk of Courage (Glass Walk)
 What's important to you? - Values
 Who do you *think* you are? - I am....
ENERGY AND WELLNESS PLAN ON A PAGE

NUTRITION & HYDRATION

MINDFUL EATING

Health consequences of not eating well
 Processed food vs. Raw food
 GI and effects of sugar explained
 Understanding food labelling
 Marg vs. Butter and other food myths
 Portion Distortion
 Strategic snacking at work
 Breakfast smoothies (practical!)
 Design your own menu and shopping list
 Fluid, who needs it?
 Effects of too little water
 Coffee, Alcohol, Sports and Energy drinks



MOVEMENT

YOUR CHAIR IS KILLING YOU!

Survival Zone/Performance Zone/Burnout Zone/Renewal Zone
 Fitness on the Fly
 Exercise Myths Busted
 Exercise at Work - "Incidental exercise"
 Exercise at Home - "Couch-ercise"
 How to use Bands and Balls
 HICT (High Intensity Circuit Training) - Less Time, More Effort!

RECOVERY

TIMEOUT!

Recover like an athlete - one car, one life
 Stress Buster breathing - Circuit Breaker
 Meditation, Sleep, Stretching
 Progressive Muscle Relaxation



**Work Hard, Play Hard,
 Recover Harder!**

Who is this training for?

The Peak! Performers Corporate Athlete programs are designed for those who:

- Face demands on their time
- Are under pressure to perform at high levels
- Struggle to balance their careers and personal lives
- have a mediocre diet and don't know what to eat and when
- Are too busy to take a time out
- Wake up feeling tired or exhausted
- Want their old body back
- Have a low energy lifestyle
- Need invigoration



Training outcomes

- Inspired, energised and empowered employees
- Improved energy levels and ATTITUDE toward a healthy balance of work and life
- Greater engagement and productivity in what really matters
- Understanding of better food choices and importance of movement and recovery
- Healthier organisation culture
- Greater creativity due to extended ability to focus
- Working more effectively under pressure
- Greater resilience because of stronger focus on goals
- A new generation of role model leaders



Training Solutions

2 hour workshop

Introduction to the 5 key components needed to be a Peak! Performer

2 day workshop

Develop a personalised blue print for sustainable Peak Performance (including BioAge testing, breakfast smoothie and group projects)

4 month program

Personal and frequent inspiration, education and mentoring with with Kerri for 16 weeks to deliver sustainable change

1-on-1 coaching

Ultimate 1on1 mentoring with Kerri
Elite, Podium and Participation packages

