

## Personal Coaching: Energy Optimization for PEAK performance

PEAK's coaching program provides professional support and advice to help you succeed with the long term changes that lead to sustainable results. The program helps you master the art of self-management and generates higher levels of motivation and efficiency, better decision-making and more effective communication.

### Practical Details:

The starting point for the program are the results from your personal energy analysis. The first meeting focuses on your objectives and various obstacles you might face in order to develop a personal action plan that will ensure that you achieve your goals.

### As a participant you will:

- Identify your personal vision, your strengths and your sources of motivation.
- Gain a practical understanding of how to use the PEAK model to become more productive and resilient.
- Learn how to optimize your energy and direct it towards the goals that are meaningful for you.
- Benefit from professional support in designing a personalized action plan that generates lasting results.

### The program is ideal for you if:

- You want to achieve more and are ready to make the changes that will make it happen.
- You are responsible for leading a team and you want to achieve sustainable improvements for yourself and your team members.
- You are interested in gaining a better work-life balance and improve both your personal and professional life.

