

PEAK PERFORMANCE

TARGET GROUP: Senior Management, Middle Management, All those who desire to be more effective and fulfilled

COURSE OBJECTIVES & BENEFITS:

- To challenge limiting beliefs and empower individuals to change
- To establish values and live on purpose
- Discover your life purpose and create a compelling vision of the future
- Learn key support skills of the Peak Performer
- Gain Self-Awareness

COST: 20000 (MUR)

COURSE CONTENT:

- Self Awareness
- Attitude & Belief
- Motivation
- Security
- Values
- Purpose
- Vision
- Goals
- Communication
- Personality Styles
- Relationships
- Risk Taking Stress Management
- Time Management
- Twelve week checklist