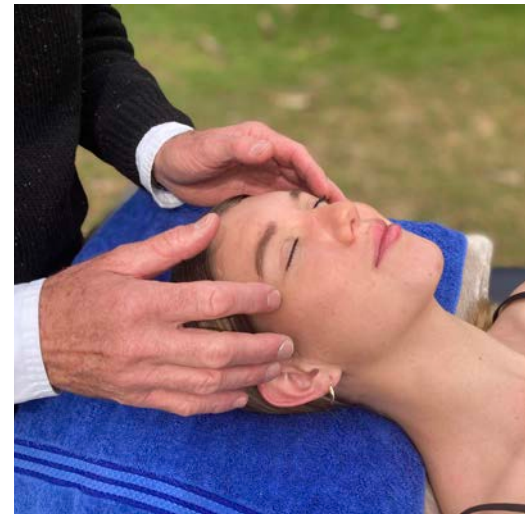




# INNER PERFORMANCE

CORPORATE   SPORTS   PERSONAL



## **MANAGE STRESS EFFECTIVELY - Maintaining High Performance under Pressure without the Burnout.**

Pressure can impact us at any moment, lead to unhealthy stress responses and result in a destructive workplace culture. We cannot avoid stress, however, we can manage it and stay in our high-performance zone.

The Mastering Mindset Program empowers individuals with techniques and strategies to manage stress in the moment and fosters a high performance, healthy workplace culture.

We empower people with  
**INNER PERFORMANCE** skills to achieve their  
**OUTER PERFORMANCE, CREATIVITY** and  
**WELLBEING** goals.



# Enabling Lasting Performance Management

Without consistent and effective Inner Performance skills, culture and productivity is compromised. The most common symptoms are:

- Destructive workplace culture
- Increased stress leave and absenteeism
- Poor leadership and communication
- Reduced productivity

The whole organisation is stressed with disengaged people and declining performance



**If you are responsible for the productivity and wellbeing of your employees, Inner Performance offers programs to help your people manage their minds, emotions and stress in the moment. These skills are embodied with our leadership programs creating the ultimate “Integrated Leader”.**

Each program culminates with individuals developing their own personal and leadership plan with the skills to maximise performance, improve creativity and enhance their wellbeing.

## Your **Inner Performance** will deliver

- Techniques to reset the mind in challenging situations
- Maintained focus through emotional management
- Well managed workplace boundaries
- Optimised personal capacity
- Improved workplace relationships
- Positive workplace culture through fundamental leadership principles
- Individual tailored plans for happier, healthier and more productive employees

# Our solutions for Transformation

The key to success is being in the “performance zone”

## MASTERING MINDSET PROGRAM

Body  
Mind  
Emotion  
Stress



## PERSONAL LEADERSHIP PROGRAM

Fundamentals  
Individual  
Team  
Organisation

AND FOR

## EXECUTIVE LEADERSHIP PROGRAM

Resilience  
Agility  
Courage  
Synergy



### A SYNERGY OF INNER MINDSET AND OUTER LEADERSHIP SKILLS.

The integration of our Mastering Mindset and Leadership Programs produce exponential results.

## What we will Achieve Together:

We give you the structure, tools and strategies to support and develop your team’s inner performance. Tailored and applied to real workplace situations, giving your team powerful ways to reach outer performance KPI’s.

Inner Performance brings over 20 years of experience helping 1000’s of people improve performance and health outcomes.

## How we can Work Together:

The Inner Performance ATAC methodology enables our standard programs to be easily adapted to suit your scope and needs, or tailored programs to address your specific requirements.

We work with groups and individuals in a fully integrated way.

- **Inner Performance Programs** – foundational programs online or in person over 8-12 weeks.
- **Tailored Performance Programs** – based on our discovery, analysis and your specific needs.
- **Individual and Group Mentorship** – coaching and training on specific growth opportunities.
- **Tailored Corporate Retreats** – our services can be tailored to suit your event including mindfulness and leadership training, massage and yoga all work together to improve retreat experience and learning outcomes.

# The Mastering Mindset Program

Mastering Mindset is the core program of Inner Performance. It is relevant for all employees and a pre-requisite for add-on Leadership Programs.

It is based on the Inner Performance ATAC methodology which takes participants from building their awareness, to learning practical tools and how to apply them in the workplace based on their Personal Performance Plan. Each program includes post training re-enforcement sessions to ensure the benefits for participants are realised, applied and integrated, delivering an ongoing return on investment.

- Delivery options: Virtual or Live quoted on request after completion of the Deep Dive Workshop to define scope requirements
- For groups with up to 30 participants
- Weekly 90 minute group training sessions over 8 weeks
- Fortnightly 60 minute group follow-up sessions over 12 weeks to re-enforce skills and performance plans
- Optional six monthly re-enforcing coaching group and one on one consultation

## Learning outcomes:

Understanding stress and performance	Managing stress positively	Achieving a state of peak performance	Releasing stress from the body
Managing emotions and maintain focus	Cultivating high performance virtues	Getting into the creative thinking zone	Implementing a personal performance plan

# The Personal Leadership Program

The Personal Leadership Program integrates the skills learnt in the Mastering Mindset Program with the principles of personal leadership.

This program is relevant for all employees to develop a high performance culture or it may be delivered to employees in management roles. It is based on the Inner Performance ATAC methodology which takes participants from building their awareness, to learning practical tools, how to apply them in the workplace.

## PRE-REQUISITE: Mastering Mindset Program

- Delivery options: Virtual or Live quoted on request after completion of the Deep Dive Workshop to define scope requirements
- For groups with up to 20 participants
- Weekly 3 x 90 minute and 1 x 180 minute group training sessions over 4 weeks
- 1 x 60 minute group follow-up session to re-enforce skills and leadership plans

## Learning outcomes:

MODULES	OUTCOMES
ATAC 4 STEPS	AWARENESS → TOOLS → APPLICATION → CONTINUOUS DEVELOPMENT
LEADERSHIP FUNDAMENTALS	Identify, develop and apply the key characteristics of effective leadership to key internal and external business relationships.
PERSONAL LEADERSHIP	Identify and clarify personal leadership strengths and growth opportunities and build a Personal Leadership Plan connected to key business relationships and specified projects.
TEAM LEADERSHIP	Build knowledge of team role preferences and the skills for linking the differing roles and functions of team members to achieve business outcomes.
ORGANISATIONAL LEADERSHIP	Strengthen capability in cross-team relationships and build awareness of the larger organisational context.

# The Executive Leadership Program

The Executive Leadership Program integrates the fundamentals of Mastering Mindset and its focus on inner performance with the principles of high performance executive leadership.

It is relevant for senior high achieving executives committed to personal growth and excellence. It is centred around the essential organisational competencies of Agility, Resilience, Courage and Synergy. It is based on the Inner Performance ATAC Methodology which takes participants from building their awareness, to learning practical tools, how to apply them in the workplace.

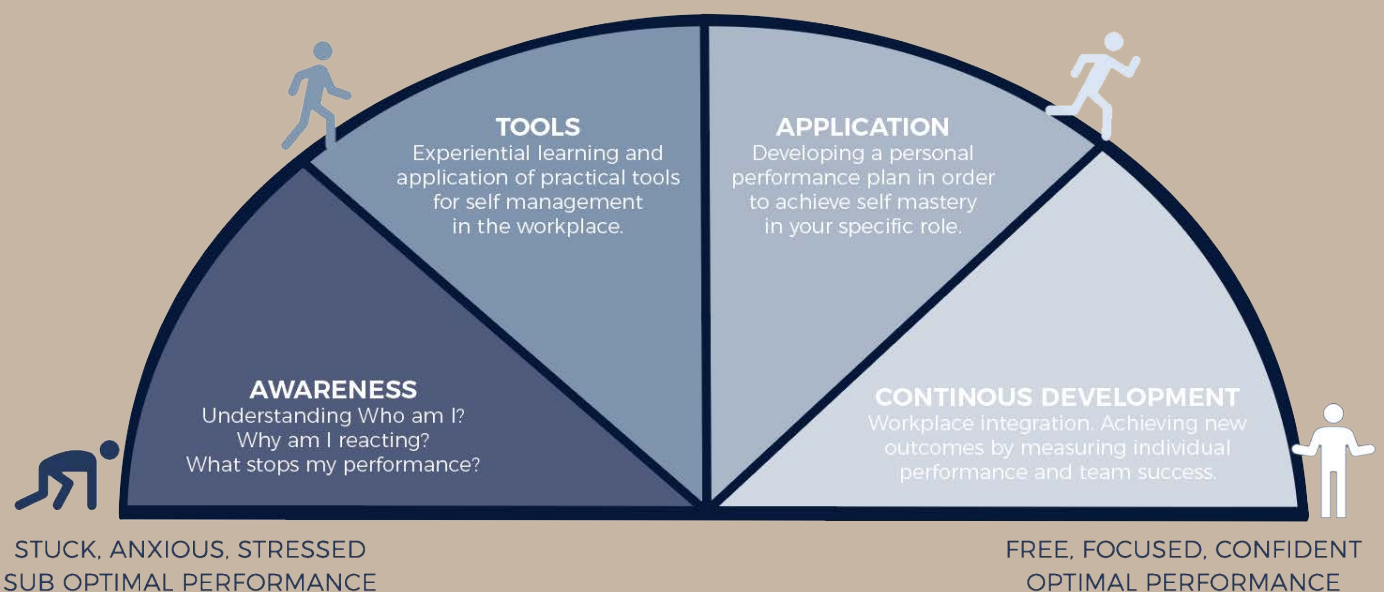
## PRE-REQUISITE: Mastering Mindset Program

- Delivery options: Virtual or Live quoted on request after completion of the Deep Dive Workshop to define scope requirements
- For groups with up to 10 participants
- Weekly 4 x 90 minute group training sessions over 4 weeks
- 1 x 60 minute group follow-up session to re-enforce skills and leadership plans

## Learning outcomes:

MODULES	OUTCOMES
ATAC 4 STEPS	AWARENESS → TOOLS → APPLICATION → CONTINUOUS DEVELOPMENT
AGILITY	Managing the natural responses to fast changing business stressors without the effects of burnout.
RESILIENCE	Preserving and recharging mental and physical energy to reduce mental and emotional overwhelm in the workplace.
COURAGE	Tuning into inner wisdom and intuition for optimal decision making and performance.
SYNERGY	Integration of Inner Performance Mastery into organisaion leadership principles.

## Mastering Mindset & Performance Methodology



Our unique ATAC methodology develops an awareness of self in the workplace, empowers people with tools that are instantly applicable and delivers continuous development through improvement initiatives.

# Why **Inner Performance?**

“Several years ago I was treating a middle aged female senior executive with a double mastectomy, and she pleaded with me to “make sure you take what you do into the corporate world, as people shouldn’t have to die for their job”. This rung a loud bell that still tolls within me today.

This, combined with a personal desire to help people more broadly, started me on a journey to adapt 20 years of experience as an energy medicine practitioner and facilitator, and apply those skills to help individuals improve their health and performance for both business and sport.

The objective was clear... design a training program where both the business and employee enjoy a win win - working together for long term success. This is the primary reason why Inner Performance was founded.”



David Flakelar - Founder & CEO

## TESTIMONIALS

“David has been really valuable to myself and my team, giving us some really great practical tools to manage stress, workload, and a lot of communication.”

**Blainey North. Director of Blainey North & Associates  
International Award-winning Architect & Interior Designer**

“David taught participants how to proactively manage their psychological well-being, improve focus and performance and build better relationships. I’m so pleased to see the evidence of the impact it is having on our staff who discuss the techniques they have learnt including how to take a break, clear their mind, or gain some perspective and enjoy quiet time. The feedback was so awesome.”

**Mary Digiglio. Managing Partner, Swaab Attorneys**

“I can highly recommend Inner Performance Corporate training programs - they are effective, practical and very relevant to the challenges of business today irrespective of the industry or job role.”

**Cristy Gonzales. Front Office Manager, Amanoi, Aman Resorts**

**m +61 418 407 750**

**e david@innerperformance.com.au**

**w innerperformance.com.au**

