

# Peak Performance & Wellness

## MINDSET & PERSONAL DEVELOPMENT PROGRAMS

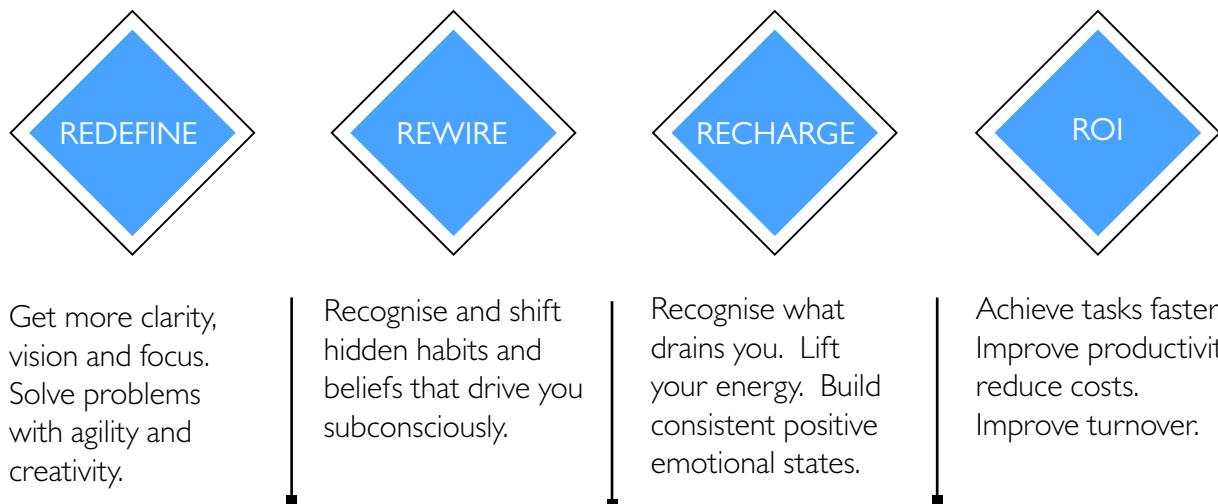
The ability to perform at your best, focus, overcome fatigue, and navigate challenges has become an integral part of sustainable performance.

The lines between work and personal life have merged, and the demand for people to be productive, creative and emotionally resilient is real. Connect with your higher self & help others to do the same.



Neuro-flow© - is a unique multi-sensory, coaching ecosystem and model that rapidly identifies hidden barriers and motivations, and growth opportunities. It gives people daily tools, strategies and tactics to build positive mental, emotional and physiological habits, reducing burn out and lowering stress.

This cutting edge program provides a dynamic, interactive coaching experience tailored to individual and corporate goals, resulting in faster commercial growth.



### THIS IS FOR YOU IF YOU:

- ◆ Want to improve your performance at work, achieve personal goals & lead effectively
- ◆ Are juggling a high workload and multiple projects or people
- ◆ Want to develop your personal brand and represent your company with greater confidence
- ◆ Want to be stretched, challenged and coached to another level in an inspiring environment

### BENEFITS TO YOUR ORGANIZATION:

- ◆ Build innovative and disruptive thinking for high performers and positive teams
- ◆ Improve your personal brand, thought leadership and amplify your message
- ◆ Increase emotional resilience and engagement
- ◆ Progress productivity and improve problem solving skills



## THE PROGRAM – CLARITY | MINDSET | PERFORMANCE | HEALTH\*

- ◆ Articulate ideas, communicate & make decisions more effectively using Neuro-flow™
- ◆ Rewire negative thinking and beliefs that are keeping you stuck or procrastinating
- ◆ Build confidence, increase focus and achieve more using Whole Brain Strategies®
- ◆ Explore and develop empowering, entrepreneurial mindsets & behaviours
- ◆ Reflective sessions to reach a calmer state of mind and increase creativity
- ◆ Learn Neuro-flow™ strategies to help gain momentum in daily tasks
- ◆ Recognise hidden patterns that are inhibiting performance & happiness
- ◆ Increase stamina and mental agility for sustained performance
- ◆ Experience accelerated learning tools and activities
- ◆ Redefine vision for work and life
- ◆ Identify hidden personal and commercial strengths
- ◆ Understand what drives you and others to be at your best
- ◆ \*The power of Shae 360 wellness 30 day program (delivered as separate Modules)

In Australia over \$35 billion is wasted every year due to lost productivity, presenteeism, absenteeism costs and avoidable recruitment expenses

## YOUR COACHING STRATEGISTS



For over 25 years we've been delving into the field of human behaviour. Led by Louise Taylor, Neuro-Strategist, Business Consultant, Sales and Performance Coach, our team of experts help CEOs, Executives, teams and organisations to get faster results by redefining the way they think, feel and behave in life and work. We blend behavioural change strategies with neuroscience, delivered we deliver commercially relevant, dynamic, engaging and challenging coaching programs.

## OUR RESULTS

While undertaking a national road show to launch the Nescafe Campaign, Louise helped me with tools to present to several hundred people. Louise helped me to attain my dream job and improve my personal and professional relationships. Louise is a unique and holistic coach with amazing insight. Sibon Schouten, Head of Marketing Foods - Nestle.

As a professional athlete I've had many coaches... Louise has a way of diving deep into your heart, mind and identity and giving you clarity about your whole life. Louise has helped me over the years to reset the way I think and feel which has impacted my sport, relationships and level of happiness. Louise understands how high performers think, and the challenges they face. When you work with Louise, your life is never the same again - Stawell Gift Winner 2013, Davina Strauss.