



High Performance Habits

COMMITTING TO EXCELLENCE PROGRAM

About the program...

- ▶ This program will assist you in building and maintaining the habits to be a resilient and high performer in your own life not only in challenging periods but in the time far beyond it.
- ▶ This program will focus on key areas of performance including mental and physical fitness, wellbeing, individual mindset development, and emotional intelligent leadership.
- ▶ It is a powerful synergy of live online physical and mental fitness sessions, masterclasses on high performance practices, one to one coaching and follow up resources allowing you to transfer the lessons from live sessions into action.
- ▶ This program integrates the latest research from neuroscience, psychology, human behaviour analysis, crisis management and lifestyle management and my own business and sporting experiences from high performance teams & environments.

Who will benefit...

- ▶ People wanting to achieve consistent high performance in personal and professional lives.
- ▶ People wanting to feel more positive emotions, experience higher engagement & focus in life, have better quality relationships, share more meaningful experiences & experience higher sense of achievement in life.
- ▶ People feeling stressed and overwhelmed with challenges in life.
- ▶ People who find it hard to prioritise time for their health and wellbeing.
- ▶ People who find it difficult to concentrate, make key decisions and are struggling to execute their key priorities.
- ▶ People wanting to have more energy, confidence & feel more meaning in their work and personal lives.

Program outline

Mental and
physical
fitness sessions

Individual &
Team Habit
Challenges

Monthly
masterclasses

One to one
coaching

Mental and physical fitness sessions

- ▶ Combining movement with mental skills training to create new ways of thinking, feeling and behaving.
- ▶ 60 minute sessions that include physical movements, yoga, mental skills training, meditation and reflection practices. Monday, Wednesday & Thursday from 6.30-7.30am.
- ▶ People come away from the sessions feeling calm, confident, motivated and focused.
- ▶ We shift perspective and experiences by developing and maintaining new habits/pathways of thinking, feeling and being.

Monthly Masterclasses - Mindset & Emotional Intelligent Leadership

- ▶ Each month we will share with members how elite performers develop their mindset.
- ▶ The aim is to educate, integrate and optimise these mindset skills so you can perform at your best in any situation.
- ▶ Key topics: Motivation and purpose, Pressure and performance, character training, focus and attention skills, confidence and preparation, managing stress, emotional control, habit formation, energy renewal strategies, gut/brain health connection, etc.
- ▶ Leading self: self-knowing, self-control, self-confidence, self-reliance.
- ▶ Leading and relating to others: empathy, relationship skills, straightforwardness.
- ▶ Leading and relating to our environment: Adaptability, optimism, self-actualisation.

Sample Individual Coaching program

- ▶ Personal purpose – what is my reason for being here? Why do I do what I do?
- ▶ Personal vision – what does success look like in my life? Why does it matter to you?
- ▶ Personal values – what do I stand for and why is it important to me? Values and guiding principles for life?
- ▶ Personal strengths – what are my core strengths and how am I leveraging them in my personal and professional life?
- ▶ Personal priorities – what activities/roles are important to me? Where am I performing/underperforming?
- ▶ Personal goals – what do I want to achieve in my personal and professional life? What are my goals/habits/routines to achieve this?
- ▶ Personal health and wellbeing – what is the current satisfaction in these areas? What is working well? What habits would I like to change?

Sample Individual Coaching process

- 1) Establish what you want to have more of or less of in life?
- 2) What are the current beliefs, thinking, perspectives, or behaviours that are generating these outcomes?
- 3) What are the gaps in current beliefs. Thinking, perspectives or behaviours that are holding you back?
- 4) What are the key actions/habits you can work on to close the gap between what you are CAPABLE of and what you are currently DELIVERING?
- 5) How can we measure and monitor if we have closed this gap?

The Gold Program option 1 - Monthly

Mental and physical sessions *8

Yoga *4

Meditation exercises*12

Reflective journaling exercises*8

Monthly masterclass*1

Monthly individual & Team Habit Challenge

Meditation/relaxation audios for own use, recorded access to sessions.

Monthly coaching one to one (*fortnightly & needs basis too)

The Silver Program option 2 - Monthly



Mental and physical fitness sessions *8



Yoga *4



Meditation exercises*12



Reflective journaling exercises*8



Monthly masterclass*1



Monthly individual & Team Habit Challenge



Meditation/relaxation audios for own use, recorded access to sessions.

The bronze program masterclasses only option 3 - Monthly



MINDSET TRAINING
PRINCIPLES

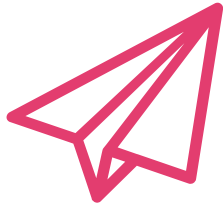


EMOTIONAL INTELLIGENT
LEADERSHIP SKILLS
DEVELOPMENT



OPTIMISING ENERGY AND
WELLBEING

Next steps



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