

WORK WITH US!

Resilience Performance Program



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Session 1: What is Resilience and how does your personal vision and purpose play in that?

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Session 2: Current stress in our lives and awareness of it. Primetime Elevation dives into what stress is causing the most issues in your life and goes over ways to overcome it.

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Session 3: Controlling mindset. Perception of the impact of stress can greatly influence the ability to manage it. Most view stress as bad, but it can empower us to build capacity.

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Session 4: Exposure and Recovery. Athletes have to train hard, but also recover to improve and give themselves the best chance for peak performance. How can “Corporate Athletes” implement these techniques in their own setting?

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Session 5: Personal Resilience Plan. After learning how the 4 components of Resilience work together with one’s purpose and vision, a personalized plan is drafted to harvest the knowledge acquired during the program fro transformation in their journey.

Jason Ballard
262-498-7167

jason@primetimeelevation.com
www.primetimeelevation.com