



Resilience Performance Program

We live in a world where stress seemingly is all around us. In companies, stress plays a role in employees becoming unfocused, unmotivated, burned out, and leaving. Without the proper rituals and routines, stress negatively impacts productivity, work-life harmony, and the firm's financial performance. Many try to run the other way from stress, but the reality is that stress managed properly is the fuel for growth and prosperity. At Primetime Elevation we train clients to view stress in a whole new way. Learning how to live both a professional and personal life where they create methodical oscillating regimens for themselves leads to sustainable peak performance and resilience.

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

Every day in the workplace and in our personal lives we face trials and tribulations. One must be able to assess, adapt, and grow from challenges. When going through those storms it is paramount that we can lean on our purpose and vision in life to carry us through when we are depleted.

Session 2 (Current stress in our lives and awareness of it.): Understanding that you are dealing with stress in addition to symptoms and triggers of it are instrumental to create the best version of yourself. A deep dive into what stress is causing the most issues in your life and the forms of it you are facing.

Session 3 (Mindset): Perception of the impact of stress can greatly influence the ability to manage it in a productive fashion. Most of us have been taught that stress is bad, but it can empower us to build capacity.

Session 4 (Exposure and Recovery): Professional athletes have to train hard, but also recover intentionally to improve their craft and give themselves the best chance for peak performance every time they step on the playing surface. How can "Corporate Athletes" use these techniques to learn and thrive from challenges in their own settings.

Session 5 (Personal Resilience Plan): After learning how the 4 Components of Resilience work together with one's purpose and vision, a personal plan is drafted to harvest the knowledge acquired during the program for transformation in their personal journey. The intention is to keep using the methods learned in the future to achieve Sustainable Peak Performance.

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