



## The 5 Traits of Olympic Performance

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This flagship programme for individuals, takes the proven success traits of Olympic athletes and translates them into enduring principles that are highly applicable in the workplace. This unique insight into the drivers of high performance, when consistently applied, will bring lasting individual and business results.

The initial workshop introduces the importance of defining what success looks like and how it fits with personal values. By being able to apply the principles behind the 5 Olympic Performance Traits, individuals will find unique ways of raising their game.

We will define the importance of developing a proactive approach to challenges and to develop an accountability mentality that will encourage actions that move an individual towards their defined success. Ultimately, the aim of this workshop is to help individuals identify what success looks like for them and then push ahead and achieve it, in both their personal and professional lives.

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### **As a result of this course individuals will:**

- Develop the mindset and self belief to deliver when it counts
  - Identify clear goals and use them as a springboard for success
  - Focus on what is truly important and achieve more as a result
  - Collaborate effectively and inspire others to deliver more
  - Develop the ability to lead themselves and others more effectively
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### **This highly interactive and memorable workshop includes:**

- The 5 Olympic Performance Traits
  - Motivational insights from Olympians
  - Personal Leadership models
  - Current effective psychological principles of performance
  - 5 Olympic Traits 360° analysis & Personal Performance planning
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#### **Duration:**

2 days and follow up

#### **Group Size:**

10 – 16 people

***What makes BackleyBlack workshops different is our ability to embed the principles of Olympic excellence within highly engaging, business focused development.***

***This unique design coupled with an interactive and pragmatic approach means that you can expect a far higher level of motivation and skill transfer, and in turn gain a greater level of performance in the workplace.***



**BackleyBlack**

Olympic performance in the workplace

## The 5 Traits of Olympic Performance

Discover how we can bring  
'Olympic Performance'  
into your workplace.

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