

# High Octane Peak Performance

## A One-Day programme for high-performing team leaders

At this time of year, it seems that stress rather than good cheer surrounds us. With the challenges of leading teams, meeting objectives and making sure we stay positive, is it little wonder that we have little time to think about ourselves.

It is a truism that good leaders spend so much time looking out for those they lead, that they put themselves at the back of the queue. This is neither good for their organisations nor themselves. Firstly, the impact of an underperforming team leader is felt well beyond the individual, encapsulating peers, subordinates, friends and family. Secondly, the often-associated stress can have a negative impact upon the behaviour and well being of the individual.

Stress makes us susceptible to Adrenal Fatigue, which occurs when the adrenal glands become overworked and depleted. The adrenal glands are responsible for handling the stresses of daily life, whether that be physical stress, emotional stress, or psychological stress. When your adrenal glands become overworked, they cannot keep up with the stresses of your everyday life.

***'Adrenal Fatigue' is what causes people to crash once they've stopped work for the Christmas holidays and end up in bed with flu for 10 days! Keep your valuable leaders operating at their peak performance by enabling them to have a deeper understanding of the importance of stress and wellness in the workplace.***

The green field One-Day High Octane Peak Performance workshop is a dynamic high-energy programme, designed to help team leaders understand the importance of leadership behaviour and provide mechanisms to cope with the stresses they encounter in high-octane environments.

***There is no better time than the holiday season to make sure you leaders are performing at their peak and don't collapse when they pause and head home.***

Supreme stamina, optimum concentration and impeccable memory are prerequisites for professionals who work in high-octane environments. As is a high level of Emotional Intelligence enabling them to understand the impact their personality and behaviour is having upon the performance of others. Stress management training incorporating nutrition, health and behavioural understanding is critical for employees who need to succeed and perform day in and day out.

Two people who are at the absolute top of their game are delivering this one-day course and will guarantee participants will leave energised and better equipped to lead in respective workplaces.

***Step forward Jeanette Jackson, biochemist and stress expert who works with some of the world's largest organisations coaching and presenting seminars on stress, brain chemistry and adrenal exhaustion.***

Jeanette says “ It is an absolute necessity for professionals who are switched on 24/7 and thrive on pressure and adrenalin to understand the mechanics of core physiology and how to work with rather than push against it.”

***Running the day with Jeannette will be high-growth business coach Andrew Thomas, who has over twenty years commercial leadership experience with a keen focus on understanding and creating behavioural change.***

The one-day workshop can be delivered in-house or at a remote location and is divided into five core modules.

## **Agenda**

### **Stress & Pressure**

Stress Physiology vs. Pressure Psychology

Coping Mechanisms and strategies

Combating exhaustion and fatigue

### **Behaviour & Personality**

What links the two together?

Where does Emotional Intelligence fit in?

Understanding yours and the personality profile of those around you

### **The Executive Brain**

How to boost memory and concentration

How to switch-off for a better work life balance

Tips to improve sleep and relaxation strategies

### **Avoiding Conflict**

Recognising effective and ineffective communication

Developing a positive mental attitude

Creating a collaborative and mutually rewarding environment

### **Power Foods**

Nutrition for stamina, energy and wellness

What to eat when time poor

Feeding the executive brain with super foods

***Each person attending the programme will receive an individual DiSC® personality profile and tailored dietary programme.***

**Cost: £250+VAT per delegate** (minimum number of delegates = 10)

For further information, check availability or to book the workshop contact:

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## Speaker Biographies

### Jeannette Jackson

#### Nutritional Biochemist

Executive health expert Jeannette Jackson is a health and wellness consultant presenting seminars to the corporate executives on stress management, energy, and wellness.



As scientist Jeannette also has a specific interest in neurophysiology and the impact of stress and pressure on the mental and physical capabilities of individuals, helping staff to gain supreme stamina, increased concentration and impeccable memory recall.

She has a strong media profile and regularly appears as an expert on for television & media including: Sky News, BBC News 24, This Morning ITV, Dispatched Channel 4

### Andrew Thomas

#### Executive Coach

Andrew up until the end of 2008 was an Executive Director at Bounty and part of the management team that sold the business to the publicly listed Canadian company Kaboose for £70 million. Bounty - now part of the Treehouse Group - is the leading direct marketing business focusing on expectant mothers and new parent households.



He is currently a non-executive director of the digital agencies Fudge and Return on Digital. He recently completed eighteen months as an advisor and Non Executive Director at Chillingo, culminating in the sale of the business to Electronic Arts.

He is a member of the Institute of Leadership and Management (ILM), European Mentoring and Coaching Council (EMCC), Chartered Institute of Personnel and Development (CIPD) and a qualified Myers Briggs Type Indicator (MBTI®), FIRO-B® and DiSC® practitioner