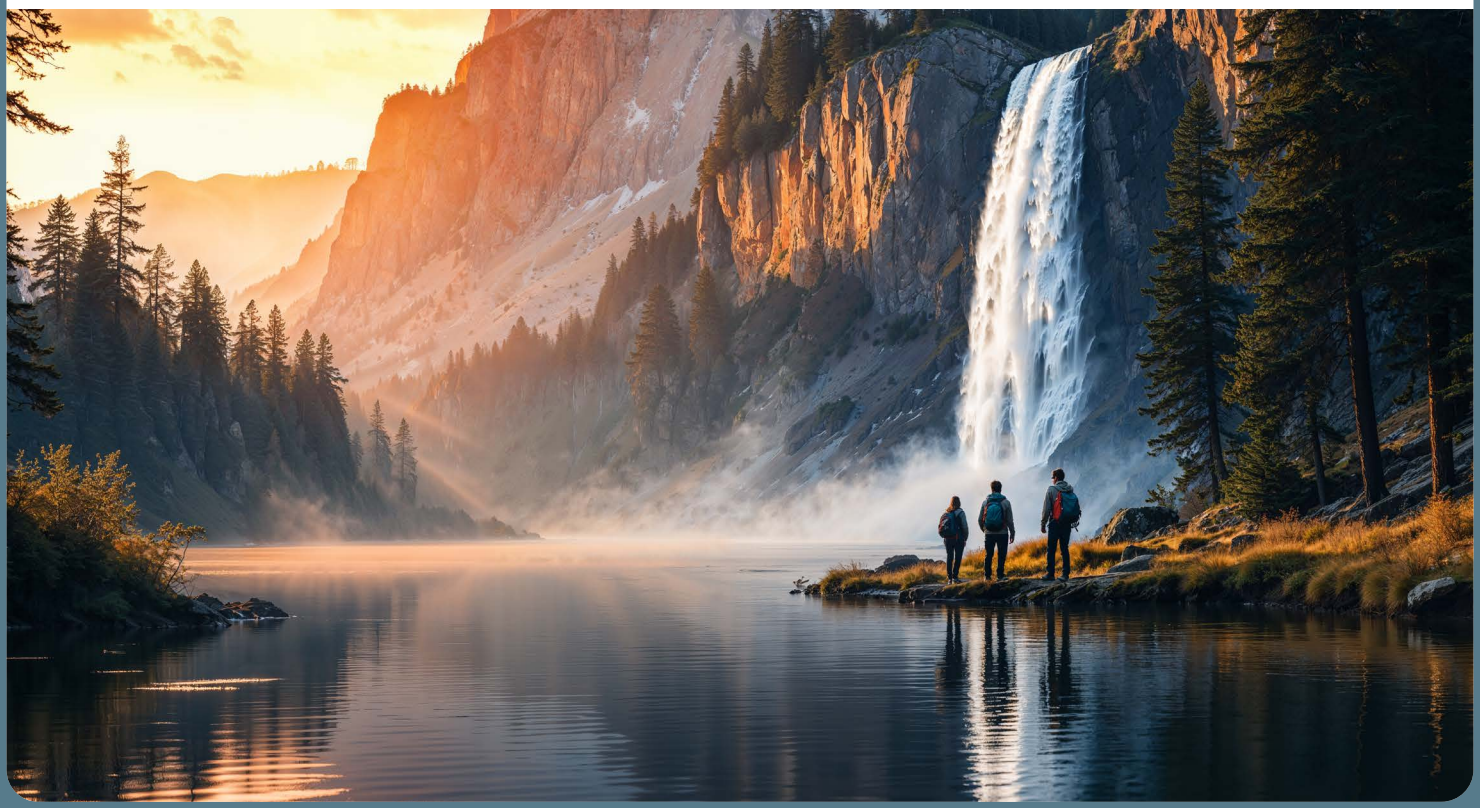
From pressure to peak performance:
getting a grip on stress (Workshop(s) & (team) coaching)

Pressure and stress are inevitable in professional services. This requires an active approach. The same situation works paralyzing or worse for some, while it is ideal for others to excel. The difference is in how we experience and deal with pressure.

In one or more hands-on and inspiring sessions (tailored to the needs of the business) you will discover how to turn stress into a strength. We dive into the neurological and psychological effects of pressure and directly applicable tools enable participants to maintain control, monitor professional boundaries and make conscious choices. The result? More control, better performance and a sustainable approach to work.

- Learn how stress affects your thinking, behavior and team dynamics
- Discover how to turn stressful situations into opportunities
- Get concrete techniques to manage pressure, yourself and with the team, and deliver top performance

For teams and professionals who do not want to be driven by external factors, but want to take control. For sustainable results, it is recommended to add individual and/or team coaching. The must-have workshop for every organization that performs under pressure!