

IN THE ZONE

CORE STRATEGIES FOR PEAK PERFORMANCE AND SUSTAINABLE WELL-BEING

A one-day seminar on the 'how to' of finding your zone of optimal functioning in business and life.

- * Take stock of your life and of the efficiency with which you pursue your goals.
- * Optimize performance & well-being on a sustainable basis.
- * Use a simple framework for on-going self-evaluation.

Contrary to popular belief, peak performance and general health & well-being are not mutually exclusive. Rather, they complement and enable each other, and the most effective people integrate them on a day-to-day basis. This seminar summarizes the information and steps needed to achieve this, while using sports examples (from the presenter's significant experience with elite athletes and teams) to illustrate many of the points.

SEMINAR OVERVIEW

The day-long IN THE ZONE seminar commences at 8h30, and includes 2 short tea breaks and a longer break for lunch, before concluding at 16h30. The day is structured around the following topics:

1. Introduction
2. Congruency & sustainable energy
3. Outcome, process & success
4. Decision-making & control
5. Mental toughness
6. Truth & confidence
7. Comfort, change & going beyond
8. Relationship*
9. Lifestyle*
10. Summation & the way ahead

(*Note that topics 8 and 9 are simply acknowledged for the important roles which they play).

THE PRESENTER'S CREDIBILITY

Since 1995, Clinton Gahwiler has headed up the psychology practice at the Sports Science Institute of South Africa (SSISA) in Newlands, Cape Town. During this time he has focused on the two areas of sport and health psychology. Within the sporting context Clinton has worked with many of South Africa's top individual athletes and teams from cricket, rugby, soccer, golf, and other sporting codes. He was also psychologist to the overall Team South Africa at the 1999 All Africa Games and the 2004 Athens Olympic Games.

Within the health and wellness setting, he has consulted to many programmes, including in the fields of stress management, weight management, and cardiac rehabilitation. In these contexts his aim is to help clients make positive changes to their lifestyle and health, in a way that they are able to maintain over the longer-term.

The IN THE ZONE seminar combines Clinton's expertise in sport and health psychology. His style of work is practical and solution-focused, with the aim of making clients independent of the psychologist.

WHO SHOULD ATTEND?

Anyone who would like to:

- ...enhance their capacity for quality work performance.
- ...'juggle' different life areas more effectively.
- ...manage their need for achievement.
- ...minimize the negative impact of pressure in their lives.
- ...cope more effectively under the weight of expectation.
- ...benefit from making and maintaining positive lifestyle changes.
- ...break through existing mental barriers.

BOOKINGS & INFORMATION

Please contact Clinton Gahwiler:
0027 - 21 - 659 5655
sportpsych@xsinet.co.za
www.performingmind.co.za