



THE INSIDE EDGE

Mental Fitness Skills for High Performance

The Inside Edge is about achieving personal high performance. It will teach you the versatile skill set used by high achievers, in sports and in the boardroom, to generate exceptional results on a daily basis in high-pressure situations. You will learn how to apply that knowledge in your personal and professional life to achieve success.

Our Approach

Based on Dr. Peter Jensen's wealth of experience with elite Olympic athletes and senior corporate executives, this presentation teaches the practical techniques to achieve results. The concepts presented are reinforced with memorable anecdotes from both the corporate and athletic areas, and peppered with humour. Participants will learn:

- **Perspective** brought to a situation is often as important as the situation itself. Learn the three distinguishing elements of a healthy perspective.
- **Active Awareness** is the ability to separate 'me' from 'my actions'. Learn this critical life-skill and how it contributes to high performance.
- **Energy Management** is finding and harnessing the level of excitement that enables you to perform at your best when it counts the most. Learn how to manage your energy level and achieve optimal performance.
- **Power of Imagination:** You can only do what you can imagine. Use the powerful skill of imagery to harness your imagination and improve performance.
- **Visioneering** is the art and science of inventing your own future. It is the combination of creating the vision for that future, setting clear goals, and then aligning the vision with goals to bring your future into sharp focus.

You will leave this presentation with the practical techniques to begin to make your vision a reality.

About the Presenters:



Dr. Peter Jensen is the author of *The Inside Edge* and the founder of Performance Coaching. He is the sport psychologist for the Canadian Women's Hockey team, and an instructor at Queen's School of Business. Learn more about Peter, *The Inside Edge*, and his latest book, *Igniting the Third Factor*, at www.peterjensen.ca.



Karyn Garossino is an expert on high performance under pressure. She's an Olympian, a trainer, an executive coach, and an exciting speaker. She has delivered The Inside Edge across Canada to leading corporations including TD Bank and ADT Securities.



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