

HUMAN PERFORMANCE = PROFIT

EXECUTIVE EDUCATION DRIVES BUSINESS PERFORMANCE

Profit stems from the way human behaviour – especially energy is directed towards the strategic and operational goals of an organisation. Therefore improving our understanding of how that works has huge implications for organisational sustainability

Recent advances in our understanding of brain science are dramatically improving the way leaders work with colleagues to drive business performance. As the brain is now increasingly examined in the context of personal and organizational development, remarkable insights are being uncovered: insights that are leading to powerful new strategies for improving business execution and ultimately improving productivity

- Reduces brain taxation expands mental resources
- Maximises chances of insights to solve business challenges
- Keeps your cool for best decisions
- Helps move other peoples behaviours

WHY? UK has an employee engagement deficit

ONLY
1/3
UK WORKERS SAY
THEY ARE ENGAGED

THIS UK IS RANKED
9th
FOR ENGAGEMENT
LEVELS IN WORLD'S 12
LARGEST ECONOMIES

THE UK HAS A
PRODUCTIVITY DEFICIT
20%
LOWER THAN THE REST
OF THE G7

ENGAGEMENT IS KEY

Employee engagement improves:

- Innovation
- Absence & wellbeing
- Retention
- Health & safety
- Income & productivity growth

IN ORDER TO
ACHIEVE A RETURN
ON INVESTMENT
YOU MUST HAVE
**ENGAGED
EMPLOYEES**

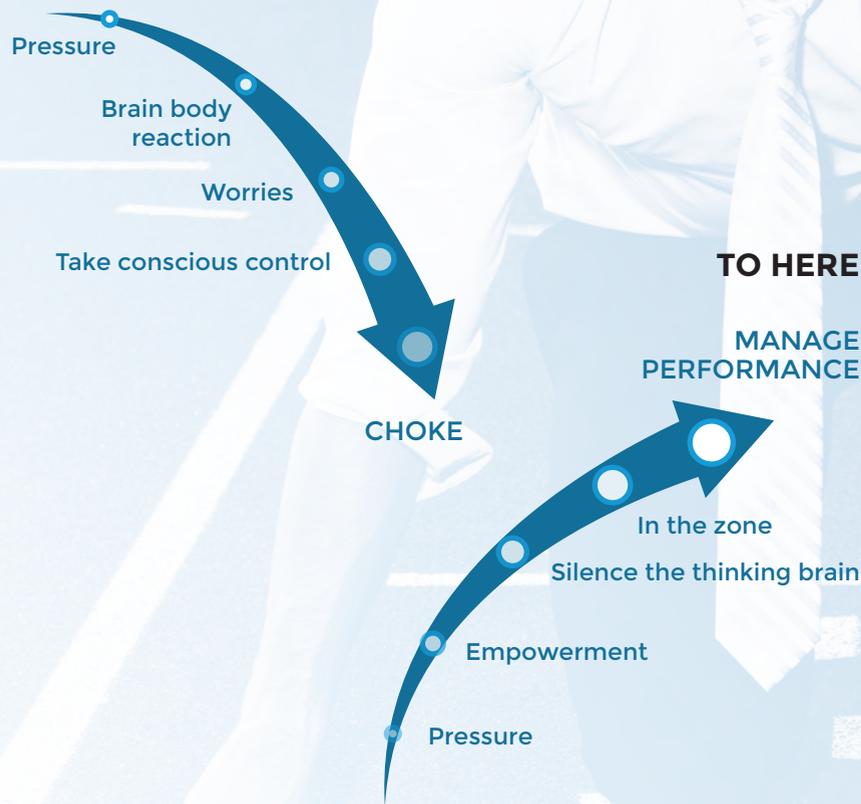
EXECUTIVE ATHLETE PROGRAMME DRIVES HUMAN PERFORMANCE

ENGAGING EMPLOYEES WITH
NEUROSCIENCE AND SPORT →

VSI

DRIVING HUMAN PERFORMANCE FOR BUSINESS SUCCESS

TAKING YOUR STAFF FROM HERE



THE COURSE DELIVERS CORE FRAMEWORK WITHIN YOUR BESPOKE NEEDS

1 Equip the team with the tools and knowledge to assess and manage their performance state.

a To understand and plan ahead recognizing points of stress, high workload and potential team flash points.

b To identify, through thorough understanding of the need to exercise and rest the brain appropriately, the coping mechanisms required to minimise the 'threat response' of the brain.

c To recognize in them and others the need to make contingencies, discuss, plan and promote the correct level of stress to drive performance and manage conflict.

2 Understand and practice the techniques of exercising the mind just like a highly tuned athlete to enhance performance taking a holistic approach to mental, physical and emotional management.

3 To embed the techniques and framework in everyday practice by understanding how to harness pressure, manage your physical, emotional and mental state and function across these three spheres of spaced learning.

4 To demonstrate progression in mental toughness, Emotional Control and Growth Mindset

THE SPORTING CONNECTION

ELITE SPORTSMEN DELIVERING YOUR PROGRAMME

To ignite engagement we need to understand their **Optimal PERFORMANCE State**. So who understands how to affect this best?

We look to the world of Sport where managing Performance is advanced, sophisticated and evolving.

Where athletes spend **90%** of their time training and **10%** actually performing – it's no wonder they are such elite performers. In the world of commerce the typical worker spends **90%+** of their time working and less than **10%** training.

VSI work in the world of executive sport and education. We harness the impact and knowledge of sportsmen and women in your Executive Athlete programme and can include elite and well known sports people as part of the programme delivery

Believe us, it makes a big difference to the engagement in training!

