

PERFECT
LIFE



Sustainable High Performance

Get tools to be the best version of you, forever

- Learn to deliver your very best in a virtual environment
- Go from knowledge to action
- 100 % remote
- Workshops lead by our lead trainer Patrick Stahl

Sustainable High Performance

Concept

We really need Sustainable High Performance now! But how can we setup the work environment so team members can deliver sustainably at a consistently high level – remotely – without burning out? What is required when our normal high performance delivery mode is supercharged with a situation where fewer people need to deliver even more results, in an even shorter timeframe – and without physical meetings?!

Patrick Stahl teaches the core of sustainable high performance. He inspires and shares super concrete tools for individual action in this **programme consisting of three 55 minutes workshops** in the Zoom learning platform focusing on Performance Nutrition, Performance Movement and Performance Recovery. **Each of these can also be ordered as a standalone workshop**, should your needs be specifically around one of the themes.

Theory is mixed with short work sessions in break-out rooms in trios, to connect expert advice to the participants' own realities.

Contents

[Basic design of a 55 minute workshop]

- Sustainable High Performance – why is it more important than ever?
- The three Pillars: Performance Nutrition, Performance Movement & Performance Recovery
- The personal Performance Grid and its process
- Theory/Work on one of the pillars – specifically from the individual's own experience of distributed teams and remote working – in order to reduce the impact of stress
- Performance Mindset: "My first step" – securing action and not just inspiration

After the workshops, handouts are distributed electronically to facilitate deepened knowledge.

All workshops and materials are available in English/Swedish at your convenience.

INVESTMENT

Programme format: All three workshops 1-3 weeks apart, max. 9 weeks programme time span (in our Zoom learning platform).

1-10 participants: SEK 24.900:-

11-30 participants: SEK 39.900:-

31-99 participants: on request

4 h workshop: All three workshops, collated into an intense half day remote workshop (in our Zoom learning platform).

1-10 participants: SEK 19.900:-

11-30 participants: SEK 29.900:-

31-99 participants: on request

55 min workshop: Choose one of the three pillars: Performance Nutrition, Performance Movement or Performance Recovery (in our Zoom learning platform).

1-10 participants: SEK 9.900:-

11-30 participants: SEK 14.900:-

31-99 participants: on request

Options/Add-ons

Care pack 1: Patrick Stahl's book on strengths based self-leadership – Strong 2.0 (incl. 5 Today cards) to participants (SEK 199:-/person, shipping is included to one address, for individual shipping pls add SEK 39:-/person)

Care Pack 2: A small toilet mesh bag (8 x 23 cm) with goodies supporting Performance Nutrition and Recovery, e.g. Healthy teas and electrolytes/bars etc (SEK 99:-/person, shipping is included to one address, for individual shipping pls add SEK 39:-/person)

VAT not included, travel costs not needed

Are you interested?

Please find out more at our webpage: www.perfectlife.se

- or contact Patrick Stahl directly – patrick@perfectlife.se



WHAT WE DO

- Organisational development through strategic change work
- Cultural change to make Values something people live, not just something people know
- Sustainable High Performance - release all potential without burning people out
- Leadership development and Self Leadership development
- Team development and Teaming

What we are passionate about is...



- Our international approach – we almost exclusively work in **international organisations**, with multicultural teams
- Our passion for **bespoke work** – there IS no standard solution
- Our focus on **Strengths Based Development** – building on strengths, not mulling around in weaknesses
- Our focus on **Solution Focus** – we will identify the problems, and work the problems – but we will not waste time on problem sightseeing
- Our focus on **Self Leadership** – if you want to be fast and grow fast you need people to dare make decisions and act on knowledge

And...



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- We are passionate about true **co-design**. Before each step we discuss the process with you, and together we will decide what is the best next step
- Our use of **blended development** - when we cannot meet face to face - we still get the job done through remote tools; flipped classrooms, remote modules/coaching, virtual tool clinics etc
- Success for us is when we see **real action**. From us, from your leaders, from your employees. Everyone matters - and everyone must contribute. Knowing what to do is not good enough, ACTION is required to achieve traction and success
- Our track record! 22 years of **raving fans** - we have fun and we create results, so our clients come back the next time they need help.

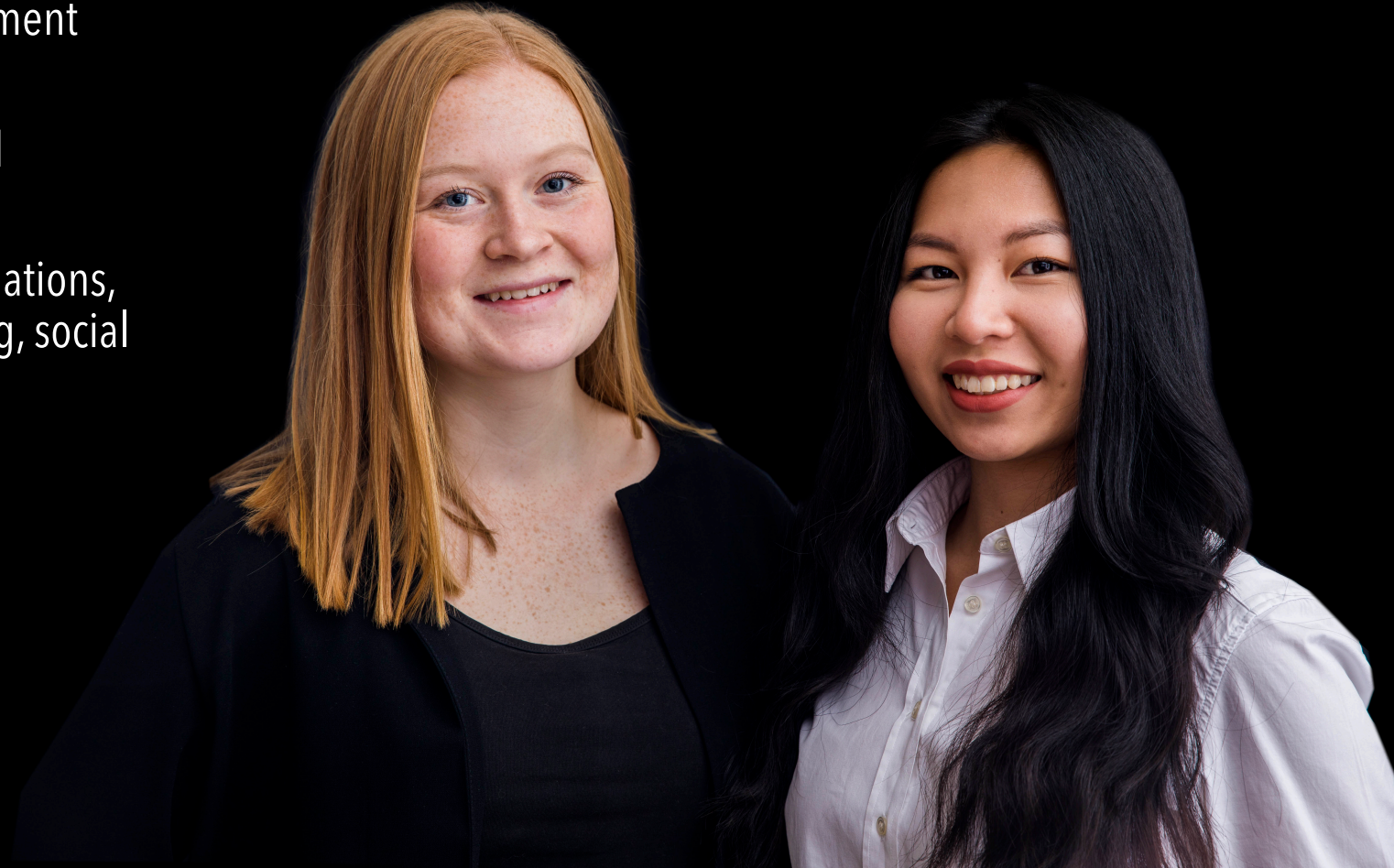
Patrick Stahl, Lead Trainer

- 50 years, three wild kids, Swedish
- CEO and Lead Trainer at Perfect Life Group AB, former Senior Partner at the prestigious MiL Institute
- Has consulted in 71 different countries
- Expert on Strengths-based Self Leadership, Solution Focus and Sustainable High Performance for organisational change
- Has done six start-ups since 1998 (from a coffee shop to artificial intelligence in e-commerce)
- Natural sciences + a degree in Business Administration and Economics, has written four books: STARK (2015), REFLEKTERA (2016), STRONG 2.0 (2018), REFLECTION 2.0 (2019)
- Friendly and empathic, but with a brutal focus on getting people into action, from knowing to doing



Emma L & Emma B, backoffice

- Chiefs of Everything at Perfect Life
- Millennials, thus keeping our own development rooted in the new generation
- Background in Business Administration and marketing psychology
- Takes care of, well... everything. From evaluations, baselines, research to reservations, planning, social media



Read more about us at: www.perfectlife.se



References upon request.