

The Science of Performance

Better Smarter Stronger



Session Overview

“ Peak performance isn’t about a single bullet. It’s about the implementation of an entire system of behaviour and thinking. Jim explains how you can establish your own winning system for personal success

Managing Director of Brother UK

Jim Steele

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How to thrive in the workplace by harnessing science-backed, peak-performance and well-being strategies

Brief description

Keeping teams and leaders vital, engaged and working optimally is paramount to sustaining peak business performance. Yet the prevailing view of wellbeing places it below pure performance in terms of value. This approach is flawed. Recognising that high leverage wellbeing strategies can drive peak performance is a transformative mindset shift.

Adopting this mindset will play a pivotal role in how we navigate the challenges and opportunities that lie ahead. As leaders strive to inspire and motivate their teams, there is an ongoing necessity to cultivate a culture of growth, learning, and adaptability, all while leading change in the organisation.

The objective of this session is to illuminate how we can harness this vast reservoir of potential and, more importantly, how to access this strategic reserve at the right time.

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Attendees will learn:

How to develop a growth mindset, cultivate confidence, and sustain self-belief even in the face of adversity.

Performance hacks to sharpen focus, increase drive, and sustain motivation, all while aligning individual aspirations, team objectives and organizational priorities.

Tap into your physical and mental resilience to push past your limits, recover efficiently, and sustain high levels of performance

Target Audience - This session is ideal for:

Leaders and managers aiming to drive engagement and performance in their teams.

Organizations seeking to balance high performance with employee well-being.

Individuals striving to excel in their roles while maintaining their personal health and energy.

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Format and Duration

Keynote Speech: 45 minutes with an optional 15-minute Q&A.

Interactive Workshop: 90 minutes, including exercises to practice performance and well-being techniques.

Jim Steele's unique approach blends cutting-edge neuroscience, performance psychology, and real-world experience to deliver actionable strategies that enhance both performance and well-being. This session stands out for its practical emphasis on sustainable success, ensuring that attendees leave not only inspired but equipped to thrive.

Supporting Materials

Attendees receive a five-minute video reviewing the key takeaways with tools to implement performance and well-being practices.

Jim's book ***Unashamedly Superhuman*** is available at a discounted rate to deepen understanding of performance and transformation principles

This session is a must-have for organizations and individuals ready to unlock their full potential while safeguarding their well-being. It's not just about working harder it's about working smarter, feeling better, and thriving together.



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