

# 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

# The Science of Performance

## Better Smarter Stronger



***How to thrive in the workplace by harnessing science-backed, peak-performance strategies***

### ***Brief description***

Peak performance is a core driver of productivity and business results. When organisations add in a strategic approach to well-being, keeping leaders and their teams vital, engaged and working optimally it becomes a critical enabler, empowering teams to meet complex demands and sustain high performance over the long term.

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.

---

# The Science of Performance

## Better Smarter Stronger



### ***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 organisational 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.

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

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

---

# The Science of Performance

## Better Smarter Stronger



### ***Format and Duration***

Keynote Speech: Dependant on client requirements, 45 to 90 minutes duration

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 organisations 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.

---



*holistic*   
performance lab

