

Find your A-game

Lessons from the world's best athletes

An online workshop series by Professor **Paddy Upton**



When an elite sports team approaches a season-defining tournament, succeeding demands that each team member brings their 'A-game'. Not unlike that team, many organisations find themselves in a defining period of their journey; faced with significant opportunity and challenges which require each employee to consolidate and then execute on their unique A-game.

In this 3-part series, Paddy will share the *seven-part framework* he developed from two decades of coaching some of the world's best athletes and teams. Each delegate will get to a) build the key elements of their unique A-game, b) identify and reduce their distractions and obstacles to success, and c) walk away with personalised and practical action plans to increase effectiveness and satisfaction, both at work and in their lives.

The series is delivered online in 3 x 90-minute sessions, ideally over 3 weeks, and is rich in anecdote, practical and relevant to now. Content includes;

- three major foundations of meaningful and sustained success
- two key steps for advancing clarity, direction and action, in all facets of our lives
- the four areas of mental distraction, and how to avert them

Additional to online learning, the series includes;

- a curriculum of offline exercises and learning materials
- peer-coaching groups are formed to enhance accountability and support, and to help integrate each individuals A-game into the team environment
- individual A-games are aligned with business values, strategy and existing corporate/ HR interventions
- a whatsapp learning group will provide delegates access to Paddy and the learning community



"Brilliant session. I've done many similar but this was by far the very best. Well done Paddy. You had the entire companies attention with your words and lessons. Thank you." **Craig Featherby. Ceo, Carrick Wealth.**

"Paddy's A-game series for 60 entrepreneurs provided thought-provoking frameworks to find and play to our A-game, plus a set of principles to become great human beings. Learnings were illustrated with real-world sports examples, making it memorable, entertaining and impactful." **Amit Somani. Managing Partner, Prime Venture Partners.**