



Jessica Robbins Companies Ltd

The Difference that Makes the Difference!

The Secrets of Peak Performance

With Peak Performance Coach

Jess Robbins

This high-energy, high-impact 1 or 2-day event is for anyone who wants to be the best they can be, or who desires to be a brilliant communicator, an inspiring leader or peak performer. If you want to achieve unbelievable goals and breakthrough to the most incredible levels of success, this high energy, deep impact event will transform the way you think and behave!

You can invite up to 500 delegates to this event, so its perfect for your annual conference or leadership convention.

Jessica Robbins, Peak Performance Coach and Trainer will guide you personally through the day with her highly motivational, real deal and highly entertaining style of presenting



What happens in the event?

You will learn the essential body language and voice skills you need to communicate confidently with others, and the ability to work successfully with all audiences.

There will be high level of interaction and practical application throughout the course, to make sure participants will be confident using their new skills in any environment.

This extraordinary 1 or 2 day event will be high energy, hugely entertaining, engaging and inspirational, filled with practical and powerful skills that will boost your success.

By the end of the course you'll know how to achieve inspirational goals more effectively whilst being more authentic and true to your values.



You'll increase in authority, charisma, gravitas, confidence, motivation and self-belief. You'll also have the opportunity to smash through at least one of your major limiting beliefs, by breaking a 1" thick piece of wood with your bare hands!

For the really daring you can even go one step further... speak to our advisors to find out how...

Jessica Robbins Companies Ltd Learning Solutions

www.jessicarobbins.co.uk 0800 083 8013 jess@jessicarobbins.co.uk



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Subjects Covered Over 2-day Event

Living at Peak Performance

The brain; your 24x7 goal achieving assistant
Modelling for success
Setting your outcome for the course
Recognising what holds you back
Attitudes and principles for success
Responsibility is power

The State Pyramid

Controlling your emotional state
Resourceful states for great results
Breaking states

Reading People- the Jedi Mind Tricks

Reading the silent feedback
Micro-expressions
Eye accessing cues

Leadership Skills

Awareness of personal communication style
Knowing your outcome
Your communication is the response you get
Verbal and non-verbal communication
Mind reading for beginners
Body language for charisma, presence and integrity

Powerful Influencing Skills

Building rapport with individuals and groups
Appealing to everyone
Understanding values

Breakthrough to Success!

Using your brain's learning mechanism to practice perfectly
Participants breakthrough their limitations by doing something they didn't think they could do
and celebrate!

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