

# HBT (UK) Ltd

Achieving Peak Performance !

## The HBT 'Achieving Peak Performance' 1 Day Intensive Workshop

Wednesday 20 June 2007  
The Quality Hotel, 47 Gervis Road, Bournemouth BH1 3DD

**This is a dynamic, interactive and powerful workshop, providing managers with the skills, knowledge, confidence and belief to deliver peak performance individually and through their teams.**

The workshop is strictly for existing and aspiring leaders, directors and managers who will be able to apply the techniques immediately.

Achieving Peak Performance is not a matter of chance.

It is a deliberate strategy designed to increase your competitive edge

It is the **skills, knowledge** and especially the **attitudes** of everyone in the team that make the difference.

### The Benefits

- Achieve the results **you want to achieve** easily
- Increase your own **productivity** and that of your team
- Create a simple, effective and **instantly** accessible motivational strategy
- Eradicate self-doubt **and massively increase** confidence
- Transform excess stress into **potent energy**
- Develop **new skills, knowledge and experience** easily
- Make a positive impact that **your business will always remember**

**We will show you how the best performers, in any field, achieve their results easily. You will take on new challenges, achieve the things you really want to achieve, and galvanize others into action in supporting your goals.**

### Workshop Sessions

- Discover the **attributes** required for peak performance
- Build peak performance **attitudes** and inspire others to do the same
- Overcome resistance to **change** (your own and others')
- Achieve peak performance through **logical levels**
- **Coach** yourself and others for peak performance
- Make the **commitment to action**

The delegate rate is **£240 per delegate**, plus VAT.

To **BOOK NOW** e mail or complete the online booking form at [www.hbtuk.com](http://www.hbtuk.com)

For more details please email us at [info@hbtuk.com](mailto:info@hbtuk.com) or call on **01202 265594** or **07974228396**



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Moving You Forward