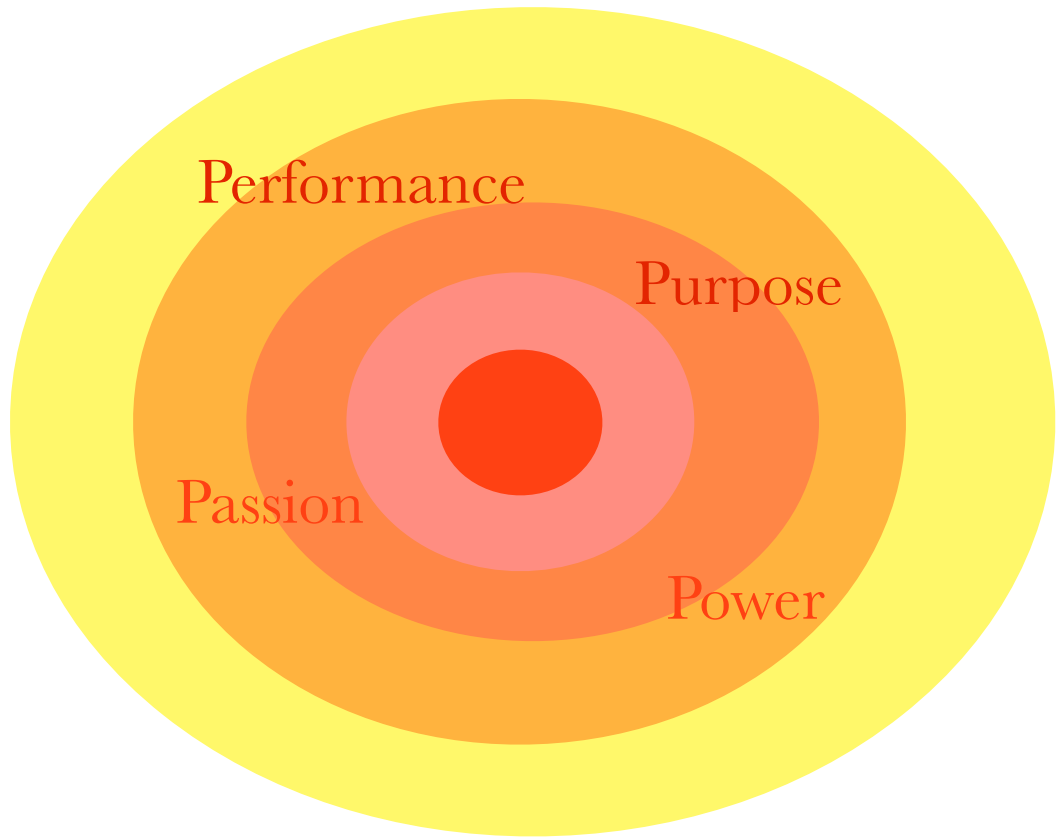


Key Seminars Introduces

CORE PERFORMANCE

Discover the keys to your core strength

What do fitness, engagement & happiness have to do with personal & collective productivity?
Everything



The Key to High Performance & Achievement
A strong core equals unprecedented productivity & satisfaction

The goal of this program is to help individuals increase their level of energy, and give them the tools to deliver quality results on a consistent basis. Engagement, happiness and productivity results in high performing teams and a positive corporate culture.

By utilizing research based in positive psychology, emotional intelligence, diet, nutrition, and the science of motivation, The "CORE Performance System" was created. The program takes 4 key components and breaks them down into a menu of easy to follow steps. Participants can choose to follow all the steps or choose the ones that will make an immediate impact for them. The program offers insight into how to begin the process of becoming engaged and focused every day, how to fuel the body for success, stimulate the mind for peak performance and how to create the emotional support systems needed to sustain change. Participants gain the confidence and strength to operate from a place of power that is sustainable, and the ability to achieve unprecedented results on a consistent basis.

Corporations create an engaged and productive workforce, where employees are focused, optimistic, and work with increased levels of stamina, loyalty and flexibility.

Everybody wins!

Employers get the benefit of a energized employee culture, and the individual now knows the key to generating energy, engagement, productivity and happiness.

With Peak Performance Expert Michele Phillips mphillips@keyseminars.org 914.391.8808



1Michele Phillips is recommended by Pfizer, ITT, COACH, Barclays Capital, Strkyer, Credit Suisse and TAG Heuer to name a few.