



Sustainable High Performance Program

Can you keep your current performance levels for the next five years?

You are a high performer: Your engagement, your competence and your resilience are decisive for your team's success. But how sustainable is your performance? Will you be able to perform at the same level five years from now?

The Sustainable High Performance Program by ERCIS und SYNK GROUP is addressed to professionals who perform way over average and who want to make sure that they can support that performance in the long run without hitting the wall. In this program you will learn how to decode subconscious behavioral patterns and how to reflect on your personal bio-medical data. Further, you will simulate concrete stress situations and test innovative methods for overcoming them. In short, this program provides the fundamentals for a professional life that is long, productive and healthy.

Features

- Identify individual stress triggers
- Bio-medical evaluations (2x 24h)
- Learn how to deal with stress
- Adopt proven mindfulness techniques
- Individual coachings (4x 1h)
- Understand personal bio-medical data
- Simulations with seminar actors
- Digital extension through Leada

Dates

August 21, 2019 (Kick Off)
September 26/27, 2019 (Workshop 1)
January 17, 2020 (Workshop 2)

Costs

2475,00 Euro p.P. (launch price)
From 2020: 3475,00 Euro p.P.

Structure



Experts



Prof. Dr. Stefan Klein
ERCIS



Dr. Stefan Schellhammer
ERCIS



David Liebnau
SYNK

Contact

stefan.klein@ercis.uni-muenster.de
david.liebnau@synk-group.com