

Peak Performance & Complex Lives

PLAN SMART, WORK SMART,
LIVE SMART



PROGRAM SUMMARY

Complexity and uncertainty are the new normal for busy professionals. The high volume of daily tasks and obligations can limit effectiveness and productivity, often leading to suboptimal performance and even burnout. In an always-on, multichannel world, it is a challenge to be fully focused and present. Professionals need tools to manage the increasing complexity and achieve more while caring for their health and crafting a life that maximizes their happiness, success, and ability to meaningfully contribute.

Peak Performance & Complex Life Planning for Achievers draws from decades of research on how and why highly effective leaders set life goals, prioritize their time, plan their days, and organize their lives. Participants discover the pillars to a happy life and investigate the obstacles preventing them from achieving their highest level of performance. At the completion of the program, leaders will have a plan for increasing their personal productivity while leading a healthier, more successful life.

LEARNING OBJECTIVES

- Gain awareness of current time management practices and uncover personal anchors.
- Identify and set clear, focused goals around work, health, relationships, finances, and other essential life domains.
- Utilize proven techniques and develop key skills to be productive, while avoiding burnout.
- Understand how to achieve and sustain peak performance for longer time periods.
- Create a personal strategic life plan to achieve both professional and personal goals.

PROGRAM DETAILS

Contact us to express interest or to learn how to bring this topic to your team.

LEARN MORE



Contact:

Call: (919) 967-7904

Email: info@BellLeadership.com

Visit: BellLeadership.com

WHAT TO EXPECT

Participants will receive 360-degree feedback from their associates through the Bell Leadership Peak Performance Survey, gaining practical insights for how to improve their personal productivity and goal setting in multiple domains of their life.

This in-person program is a hands-on, highly engaging experience that includes interactive small group discussions and daily take-home assignments to reinforce concepts.

“This seminar ended up being scheduled at one of my busiest times, and I attended thinking, 'How am I going to take time away from business?' It was JUST WHAT I NEEDED!”

Kay Olin

President, Local Focus Radio

WHO SHOULD ATTEND?

This program will benefit leaders at all levels who want to maximize personal productivity, manage complexity, and be in the driver seat of their careers and lives:

- Senior leaders desiring to increase their ability to approach planning their life as strategically as they plan for their organizations.
- Mid-level managers wanting to learn strategies to manage their time, energy, and priorities.
- Individuals seeking to be equipped with tools to better integrate and navigate their professional and personal lives.

PROGRAM BENEFITS

- Increased sense of ownership of one's life, work, and time.
- Higher levels of happiness, success, satisfaction, and contribution in all areas of life.
- Enhanced personal productivity and efficiency in daily tasks.
- Deeper understanding of personal impact on individual and organizational success.

BELL LEADERSHIP TRAINERS, SPEAKERS, AND COACHES

Each member of our training team has a unique background, bringing a depth of experience and wealth of knowledge to Bell Leadership. All are true experts in the field of leadership, drawing from extensive professional experiences to complement and expand upon the proprietary curriculum and coaching of the Bell Leadership Institute. This expertise ensures that our training programs are not only grounded in proven principles but also infused with real-life insights and practical wisdom.



Dr. Gerald Bell
Founder and CEO

- M.S. and Ph.D. from Yale University
- B.S. and M.S. from the University of Colorado Boulder
- Honoree of the Gerald D. Bell Distinguished Professorship in the Kenan-Flagler Business School



Jon Player, JD, MSPH
Leadership Trainer, Speaker & Coach

- J.D., cum laude, from the University of Richmond School of Law
- M.S. in Environmental Health from the University of North Carolina Gillings School of Public Health
- B.S. in Biology from the University of North Carolina Chapel Hill



Bill Sanford, M.S.
Senior Executive Leadership Trainer

- M.S. in Comparative Politics from London School of Economic and Political Science
- M.S. in Conflict Analysis and Resolution from the Jimmy and Rosalynn Carter School for Peace and Conflict Resolution at George Mason University
- Morehead Scholar recipient from the University of North Carolina at Chapel Hill



Susan Gisler, PT, DPT, MHA
Leadership Trainer, Speaker & Coach

- MHA from the University of North Carolina, Gillings School of Public Health, Executive MHA Program
- Doctorate of Physical Therapy from Andrews University
- B.S. Ed. in Exercise and Sports Science from the University of Georgia