

BRING A GUEST

CHOICE OF
5 SESSIONS
IN 1 DAY



allan parker

CAIRNS

SCHOOLS OUT TO COMMUNITY

FACE TO FACE SESSIONS ARE BACK
MONDAY 7TH DECEMBER

5 BRAIN CHANGING PROGRAMS IN ONE DAY



PEAK
PERFORMANCE

MORE FOR ALL PARTNERSHIP

Peak Performance Development Pty Ltd

+61 2 9331 7335 | frontdesk@peakpd.com | www.peakpd.com

7am - 8.30am

SWITCH ON
YOUR BRAIN

9am - 11am

EXPERIMENTAL
LABORATORY

11.15am - 1.15pm

CONSIDERED AND
SENSITIVE
CONVERSATIONS

1.45pm - 3.45pm

CONSIDERED
CONVERSATIONS

5:30pm-7:30pm

CALMING
CONVERSATIONS
THAT ENHANCE
YOUR BRAIN

BREAKFAST SESSION

7am - 8:30am

Switch on Your Brain

An introduction to mental and emotional fitness –
a new way of life

MORNING SESSION

9am - 11am

Experimental Laboratory

MOVING FROM
REACTIVITY TO
PAUSE, COMPOSURE
TO CALM CULTURE

- Learning to self-regulate and be mentally and emotionally healthy
- Influence others to pause and consider and breathe
- How to Slow Down and Speed Up
- What impact do I want to have ?
- Opening others eyes and ears to calmer holiday conversations
- Uniting and deciding together
- How to wind down and revive for 2021

MIDDAY SESSION

11:15am - 1:15pm

Considered and Sensitive Conversations

- Rethinking and positively influencing
- Understand how to interrupt and reduce tension
- Dissolving reactivity and hostility; yours and theirs
- Preventing the above from happening; proactively
- Starting a Calming Culture and spreading it out to the family over Christmas

AFTERNOON SESSION

1:45pm-3:45pm

Considered Conversations

- Influencing others to relax
- Not reacting to reactivity and hostility
- Having a proactive stress free Christmas
- Starting a Calming Culture and spreading throughout the family and holidays

TWILIGHT SESSION

5.30pm - 7.30pm

Calming Conversations that enhance your Brain

- Train your Brain to be composed, remember and think more clearly
- Learn how conversation can influence others thinking and Behaviour and leave everyone better than when they arrived
- 5 steps to smooth family chats