

# Peak Performance Series

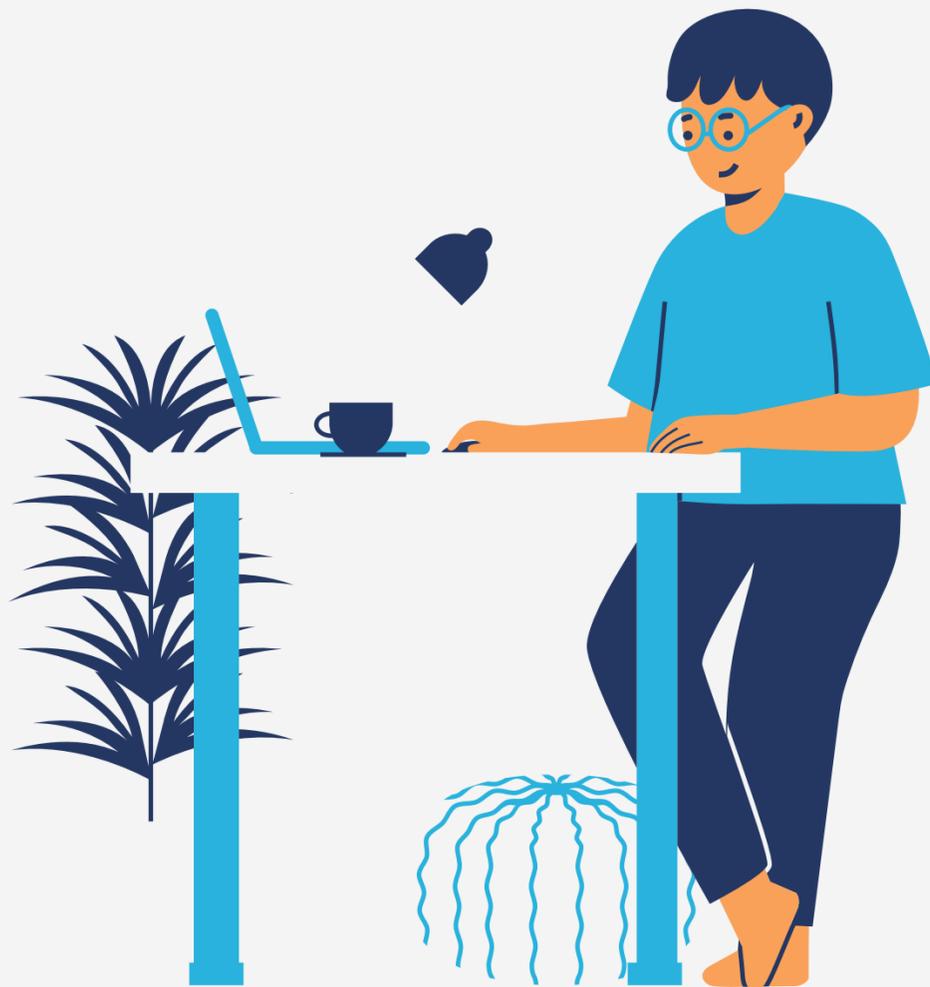
'Leveraging neuroscience to perform better'





# General Context

- Work : Life Harmony Challenges.
- Feeling Overwhelmed.
- Cognitive Strain.
- Struggling to Prioritise.
- Stress.
- Firefighting.





DG Coaching

## A Brain-Based approach to performance

Transform your work by learning about and applying recent discoveries about the human brain.



***' More people than ever are being paid to think, yet making complex decisions and solving new problems is difficult for any stretch of time because of real biological limits on your brain. One of the best ways to improve mental performance is to understand these limits'.***

***(Dr. David Rock)***

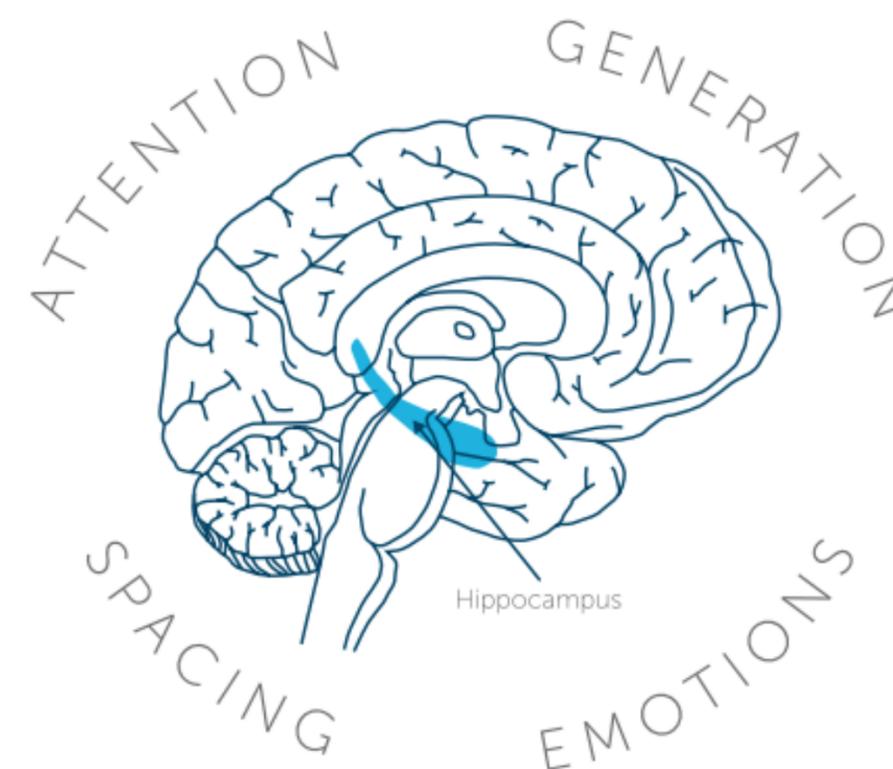


# How will your Team learn?

How We Learn - **The AGES Model** is a learning approach based on the most recent findings from neuroscience.

These have been summarised into a four-part model that describes how to make learning stick: Attention, **Generation**, Emotion, and Spacing.

*‘There is a wealth of research showing that better results are achieved when learning is distributed over time, rather than crammed into a few large sessions’  
(Davachi, L., Kiefer, T., Rock D., and Rock, L. (2010) )*



# Peak Performance Series



6 x 1 Hour Virtual Workshops\*

## ✓ Purpose & Values

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Clarifying Purpose & Values

## ✓ Goal Setting

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The Neuroscience of Setting Goals

## ✓ Mindset

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Growth Mindset | Resilience | 'The Inner Voice'

## ✓ Emotional Regulation

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The Neuroscience of Emotions | Mindfulness | Symbolic Labelling

## ✓ Personal Productivity

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Energy Management | Prioritising Tools

## ✓ Cognitive Performance

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Insights | Working with the Prefrontal Cortex

\*Other Modules Available

[desgolden.com](https://desgolden.com)



# 1. Purpose & Values

## Content

- Why Are values important
- The Iceberg Model
- Values In Action
- Top 5 Values
- **Generate:** Personal Purpose Statement



*'He with a why can bear almost anyhow'  
(Nietzsche)*



# 2. Goal Setting

## Content

- The Neuroscience of Goal setting
- **STICKY Goals:** The Role of Dopamine
- **SMART Goals**
- **Goal Setting Pitfalls:** the do's & don'ts
- **Generate:** 1-3 Specific personal and professional Goals



*‘sometimes you have to reframe your goal, because I never want to have a goal that’s stealing my peace, ripping me out of the present and keeping me from loving the people in my life well’*

*(Sara Hall)*

# 3. Mindset

## Content

- **Process Orientation:** how to enjoy the struggle
- **Growth Mindset:** the psychology of success
- **Resilience:** a playbook
- **Self Talk:** 'The Voice that no one hears'
- **Generate:** Anchor Statements



*'There is no inherent desire in our problem to escalate our goals, as long as we enjoy the struggle along the way. The problem arises when we are so fixated on what we want to achieve that we cease to derive pleasure from the present.'*

*(Mihaly Csikszentmihalyi)*



# 4. Emotional Regulation

## Content

- **Mindfulness:** toolkit
- **Breathing:** anxiety control
- **Symbolic Labelling & Reappraisal**
- **Journaling:** the why and the how
- **Generate:** Emotional Regulation Routine



*‘If our emotional responses flow out of interpretations or appraisals of the world and we can change those appraisals, then we have to try and do so. And not to do so, at some level, is rather irresponsible’*

(Kevin Ochsner)

# 5. Personal Productivity

## Content

- Energy Management versus Time Management
  - Tracking your Energy
- Prioritising tools
  - The Three degrees of difficulty
  - The Eisenhower Matrix
- Pomodoro METHOD
- **Generate:** Planning your ideal day



*‘What is important is seldom urgent and what is urgent is seldom important.’*

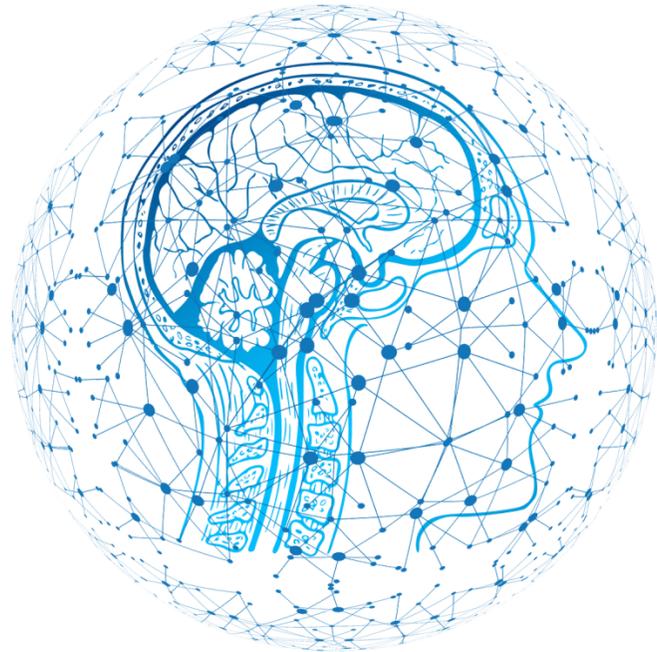
*(Dwight Eisenhower)*



# 6. Cognitive Performance

## Content

- **Insights:** what are they and how to create them
- **Reducing Cognitive Strain**
- **Working with the Prefrontal Cortex**
- **The Healthy Mind Platter**
- **Generate:** Personal Performance plan



***'For your phone to have no measurable effect on you,  
it has to be off and out of sight in another room'***

***(Mark Beeman)***

# Outcomes

## Awareness

- Of Current Reality
- Emotional Triggers
- Priorities

## Knowledge

- Being more productive
- Contemporary Neuroscience
- The Science of Habits

## Skills

- Regulating Emotions
- Mindfulness | Journaling
- Prioritising





DG Coaching

# Package



- **Group Size 12 Max**
- **6 x 1 hour Virtual Sessions**
- **Delivered over 6 weeks**
- **Email Support**

**Cost €4,600**

# Des Golden BIO

Des facilitates leaders, entrepreneurs and Teams from around the world to better performance.

After spending time lecturing in Physical Education and coaching at the Rafa Nadal Academy in Spain he studied the Neuroscience of Coaching at the Neuroleadership Institute (NLI). He uses the NLI's Results Coaching System methodology to great effect with his clients.

Des is a mindfulness practitioner and is a qualified health Coach with Precision Nutrition, Canada. He facilitates health and well being seminars and workshops for clients in the UK & Ireland, he is also a member of the International Coaching Federation (ICF).



 PrecisionNutrition



# Gabriella Benko BIO

Gabriella helps entrepreneurs, leaders and teams from around the world to reach their fullest potential.

She has over 25 years' international experience in business, entrepreneurship, consulting, training, facilitating and coaching.

Her passion lies in human development and working with the human side of change, communication skills, bridging differences and celebrating diversity. Applied neuroscience, aka 'science-based understanding how to fine tune brains' is interwoven in her practice to speed up personal and organizational development and change.

She is qualified as an Associate Certified Coach (ACC) with the International Coach Federation, and has also undertaken the Brain-based Coaching Certificate at the Neuroleadership Institute.





# Contact

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