

# 100% PEAK PERFORMANCE FOR HIGH ACHIEVERS 19 - 21 APRIL 2009



A powerful 2.5 day workshop with Steve Wells,  
to help you achieve at the peak of your performance

If you seek to reach the top  
both in performance and achievement,  
this is the opportunity to learn *proven* skills  
that will help you to **achieve** your full potential  
no matter what your personal situation  
or the conditions of your market place.

Hosted by Ei World Limited  
[www.eiworld.org](http://www.eiworld.org)



## YOU ARE:

- A high achiever
- An executive coach
- A business coach
- A specialist in helping others
- A consultant
- A change agent working in an organisation

## YOU WISH TO:

1. Focus on reaching a new peak in your effectiveness.
2. Learn in a Hands-on and experiential way .... you won't just hear about tools and techniques for high achievers, you will actually learn them, experience them and master them during this workshop.
3. Experience tools working right in front of your very own eyes so you will be confident about the impact these tools will have for you and your career.



## YOUR WORKSHOP LEADER:

Steve Wells is an internationally recognised psychologist, professional speaker, and peak performance consultant from Perth, Western Australia who regularly teaches and consults worldwide with elite athletes, coaches and business achievers to improve their performance and enhance the performance of their teams.



## YOUR HOST:

Ei World is a company which implements practical strategies to improve Emotional Intelligence. Emotional Intelligence is the ability to cope effectively with life ~ it is an array of emotional, personal and social competences. Please consult [www.eiworld.org](http://www.eiworld.org) for further information.

## LEARNING OBJECTIVES

### -2.5 DAY WORKSHOP:

During this focused workshop, you will learn how to:

- Read **energy levels** ~ both yours and your colleagues or clients.
- **Work with the energy** of others and take steps to raise energy when necessary.
- **Help someone to access the right energy** for problem solving or coping in the moment.
- **Shift your own state** within seconds, when it is not serving you.
- **Tune into your intuition** at a deeper level which will enable you to have impact and presence everywhere you go.
- **Learn simple energy psychology tools and techniques** that will transform your work and results.

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## OVERVIEW OF PROGRAMME

Day 1 (14:00-18:00)	Day 2 (09:00-18:00)	Day 3 (09:00-16:00)
<b>Peak Performance</b> <ul style="list-style-type: none"><li>○ defining it</li><li>○ observing it</li><li>○ being it</li></ul>	<b>Energy Techniques</b> (for work on self)  <b>Developing Peak Performance Energy States</b>	<b>Energy Techniques</b> (to use with colleagues and clients)
The Crucial Role of Energy in Coaching for Peak Performance  Peak Performance Energy Psychology - What it is & how it can help you  Energy Psychology Techniques: Emotional Freedom Techniques; Simple Energy Techniques; Provocative Energy Techniques	7 Steps to Peak Performance: Moving through the levels	Energy Coaching for Peak Performance: How to help others more successfully

**Day 1 (14:00 - 18:00)** The workshop kicks off with a focus on peak performance, what it is, how to observe it and the crucial role of energy in peak performance. Participants will be introduced to Peak Performance Energy Psychology. You'll learn how to align your awareness and responses to your own and other people's energies. The optimal energy level for coaching will be identified as well as strategies to assist people who do not have it. This half-day will cover the basic energy techniques used in the rest of the course, in particular Emotional Freedom Techniques (EFT) and Simple Energy Techniques (SET) as well as some dynamic and provocative approaches for working with Peak Performers.

**Day 2 (09:00 - 18:00)** This day encourages you to apply all the

techniques we teach you to yourself, first, before using them on others. You will be guided through a sequence of tangible concrete activities for clarifying core beliefs, identity, values, focusing on core purpose and some new and unique methods for working with important life and work goals. Whilst doing this you will also experience the feelings and energy levels that will assist your client work.

**Day 3 (09:00 - 16:00)** This day focuses on the application of peak performance energy techniques to your client work. You will have an opportunity to rehearse and practice the techniques and put them into a structure that you can work with. You'll leave the workshop empowered with a new set of tools for both working with and producing the right energy for peak performance.

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## ADDITIONAL BENEFITS

You will be able to use the Peak Performance Energy Coaching Framework and techniques in your own work if you are a Coach or People Developer. In addition to the core themes mentioned here, you will have an opportunity to meet with fellow high achievers and learn together in a highly collaborative and fun setting. You will also have the chance to network with fellow professionals at the top of their field.

## WHY THIS WORKSHOP IS UNIQUE:

- Some professionals are so caught up in their own stresses that they fail to notice the people in front of them.
- Those people who can tune into and effectively influence both their own and their colleagues' energies will be among the most sought after and successful people worldwide.
- Many practitioners learn theory and abstract concepts but do not create transformational work in the moment of being with other people.

## WORKSHOP COST:

Full Price: £1500+VAT= £ 1762.50, payable in full on confirmation of  
your participation

**SUPER EARLY BIRD DISCOUNT FOR BOOKINGS PAID BY 31.12.08, £1200+VAT=£1410**

**REGULAR EARLY BIRD FOR BOOKINGS PAID BY 31.01.09, £1300+VAT=£1527.50**

THE FULL PRICE WILL APPLY AT ALL OTHER TIMES.

ALL FEES ARE PAYABLE IN FULL ON CONFIRMATION OF YOUR PARTICIPATION

### This workshop cost includes:

- 2.5 days with Steve Wells
- All day delegate costs for Hitchin Priory (including lunch, refreshments)
- A personal workbook of supporting materials

Overnight accommodation (dinner bed and breakfast) is available at a total cost of £260 (inclusive of VAT) for 2 nights dinner bed and breakfast, payable direct to Hitchin Priory by end of February 2009. Details will be provided with your booking confirmation and all costs for Hitchin Priory need to be paid by 31<sup>st</sup> January 2009. These rates do not include costs for personal items not included in the room rate – e.g. drinks, newspapers etc.

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## YOUR WORKSHOP LEADER

**Steve Wells** is an internationally recognised psychologist, professional speaker, and peak performance consultant from Perth, Western Australia who regularly teaches and consults worldwide with elite athletes and business achievers to improve their performance and enhance the performance of their teams.

Steve is Managing Director of an international training and development company that has been in operation since 1996, and conducts regular programs throughout Australia, Europe, USA, UK and Singapore. He is also a founding partner of ExecEdge an organisation providing high-level consultancy and corporate development programs for business leaders.

Steve holds a Masters Degree in Psychology from Curtin University and post-graduate qualifications in Education from University of Western Australia. He is a dynamic and inspiring professional speaker, and was awarded the 2004 Professional Speaker of the Year from the West Australian branch of the National Speakers Association of Australia. In 2002 he also attained the Certified Speaking Professional Award (CSP) from the International Federation of Professional Speakers, the highest international accreditation available for speakers.

Steve is a leading edge researcher and skilled practitioner in the new and exciting field of Energy Psychology. He received the 2000 Research Award from the field's peak body, for his original ground-breaking research on Emotional Freedom Techniques (EFT). Together with colleague Dr. David Lake, Steve has developed the unique approaches Simple Energy Techniques (SET) and Provocative Energy Techniques (PET), and they are in demand internationally to train others in their unique methods. Steve's work has been featured on several Australian current affairs programs, he regularly appears on radio, and his work has also been featured in several national magazines and newspapers.

Steve was one of the first to apply Energy Psychology techniques to performance enhancement in sports, as well as to personal and corporate success. Through his work he has helped many professional athletes to achieve at peak levels in their sport, and has helped thousands of business and professional people to achieve greater levels of success in their work and life. For several years, Steve was team psychologist for the Perth Heat professional baseball team, who won the championship using his programs. Over the past 7 years he has been teaching on Peak Performance to CEO's and business owners at the Centre for Entrepreneurship at Curtin University.

Steve's focus is on teaching practical strategies you can use immediately to get better results. His programs are based in universal principles of success combined with the latest findings of psychology. More information on Steve Wells and the programs he offers can be found at the following websites: [www.execedge.com.au](http://www.execedge.com.au) and [www.eftdownunder.com](http://www.eftdownunder.com)

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## VENUE – HITCHIN PRIORY



Address:

Hitchin Priory, Tilehouse Street, Hitchin, Hertfordshire SG5 2DL, England UK

Whilst we have checked out the overnight facilities at this venue, please note that Hitchin Priory is a conference centre not a 5 star hotel. The bedrooms are functional, there is free wireless internet access, you will not have to travel and you will be comfortable.

Web: <http://www.chartridge.co.uk> then select 'Hitchin Priory'



Originally a Carmelite monastery built in 1317, Hitchin Priory has progressively evolved over the centuries and now gracefully combines a mosaic of ages. Arched Cloisters, wooden panelled walls and detailed architraves all add to the character of this truly remarkable building. Owned and operated by The Chartridge Conference Company. At the Priory there is a focus on quality of service, good food and meeting facilities conducive to a focused learning environment.

## LOCATION

Hitchin Priory is approximately 30 Miles north of London, in a quaint market town, on the direct train from central London (journey time: 30 minutes from London Kings Cross, then a one mile short taxi ride or a 15 minute walk from the local station called Hitchin). It is easily accessible from Luton, Stanstead and Heathrow airports and is close to Junction 10 of the M1 motorway and Junction 8 of the A1 North. For train information consult [www.nationalrail.co.uk](http://www.nationalrail.co.uk). For door to door directions, you may wish to consult Multimap [www.multimap.com](http://www.multimap.com). If you require any further assistance with logistics, please email the Ei World office at [info@eiworld.org](mailto:info@eiworld.org) and we will do our best to assist you.

## Staying overnight at Hitchin Priory

You are strongly advised to travel to the venue on Sunday lunchtime and stay at the venue for 2 nights to allow time for networking. This is at your own cost. For participants of 100% Peak Performance for Peak Performers, we have arranged a special tariff of £130 dinner, bed, breakfast including private dining for the whole group together each evening. A booking reference will be provided once you have enrolled, to enable you to access this rate. Meals will be organised so that the group can dine together in the evenings.

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## NEXT STEPS

To complete your enrolment and to book at the early bird rate, please complete the attached booking form and fax it to Ei World on +44-1525-840092 (or scan and email to [gbharwaney@eiworld.org](mailto:gbharwaney@eiworld.org)). Please make your payment by 31 December 2008 to secure the earlybird rate (payment details are on the booking form).

This is a small group workshop so please book early to avoid disappointment.

## QUERIES

Any queries about the event, please email:

Geetu Bharwaney, Founder & Managing Director, Ei World Limited

[gbharwaney@eiworld.org](mailto:gbharwaney@eiworld.org) Tel: +44-1525-840090

We look forward to welcoming you to this unique learning event

## TESTIMONIALS ON STEVE WELLS

"Watching Steve Wells conduct a workshop on Peak Performance at an international energy psychology conference, was to be in the presence of a major workshop leader and teacher as well as a keenly intuitive therapist. His comments were brilliantly targeted, his handling of participants' issues masterful, and he was often delightfully witty. I cannot recommend emphatically enough that you reserve one of the valuable spots in one of his workshops before they are filled!"

- Patricia Carrington, PhD, EFT Master, Author

"Steve's workshops on peak performance are a key component of our business development courses. We get excellent feedback from our clients and have many personal stories of success and learning from them. Steve is truly a masterful presenter and a leading light in his field."

Phil Doyle, Program Manager, Centre For Entrepreneurship, Curtin University of Technology

"A big thank you for the best course I've been on in years. There were so many aha moments, I'm still stunned. So many pieces fell into place, it was amazing ..."

--- - Jaqui Crooks, EFT Master, London, UK

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"It's been nearly two weeks since I experienced the '100% Yes' workshop with Steve Wells in Seattle. I am still basking in the energy of the event as well as the energy I feel as a result of the breakthroughs I experienced. As I prepared to go to Seattle, I set my intention for my experience at the workshop. My intention was big and what I experienced was even bigger. Thank you Steve for your commitment to this work, I'll be eager to see you again.

--- Warmly, Judy Sabah, MCC

"Steve Well's program is a breath of much needed fresh air... It gets to the roots of behavioural change and uses some of the most effective tools available today to bring about rapid and lasting change."

Phil Donaldson, Editor, Human Resources Magazine Australia

"This workshop was by far the best that I have ever attended. I have attended and even given workshops and done so in several languages, but you certainly taught me a few things... It was truly a breakthrough in helping me to understand the emotional, mental and spiritual basis of my life here and now. You were very generous in mentioning other people's efforts but you took all this existing material that very vital step further. CONGRATULATIONS... You are truly UNIQUE and I am really grateful that I have met you.... A resounding THANK YOU"

--- - George Jelinek, London, UK

"I have for some time had a sneaking suspicion that there was a key, a way of unlocking action and motivation, a way of finding the drive and it is safe to say that I have found it now...I continue to feel a sense of ease and calm and utterly capable of handling all manner of situations. It has also created a better awareness in myself ... This increased self-awareness is invaluable, a tool for life.."

--- - Kate White, Journalist, Perth, Western Australia

"Excellent. Opened my mind to the use of EFT as a means of clearing barriers to performance and the tapping on values and stages of goals was powerful ... Steve's an exceptional communicator and his provocative style is both humorous and challenging."

--- Joe Nathan Lourdes, Director, Hypnosis Works Pty Ltd Singapore Peak Performance Workshop

"Tremendous workshop from a great trainer. I'm excited by the possibilities and what I can now do for myself and for others...Thank you so much for bringing this meaningful and transformational training to us.

--- Shahr Bin Mohamed Ismail, Principal, H.O.P.E. Training and Consultancy Singapore Peak Performance Workshop

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"I have listened to over 50 speakers and rarely have I seen anyone have such an impact on an audience."

Brenda Mitchell, (former) Manager, Public Sector Development, WA, Australia

"Without a doubt the BEST, most productive workshop I have ever been to and I have the results to prove it. Business has flowed beautifully since I've returned and if anything I need to take a break and re-work my goals... Thank you."

--- Cheryl Trevers, Peak Performance Coach, Canada

"For quite a long time I was unaware that my goals and values were in conflict. I was constantly striving for things however never reaching the level of success I wanted ...That all changed when I attended the Peak Performance workshop by Steve. THE RESULTS HAVE BEEN AMAZING! For the first time I am at peace with myself around my goals and there is no longer that internal emotional struggle. My goals sit comfortably with me now and I am starting to achieve the level of success I was striving for - with a lot less effort and a lot more energy and focus from me! This is because I now have my goals in line with my values ... I still have many of the same goals, including career and family, however now I just have them in order of priority matching my values - and that makes for a very nice life!

--- Lenore Watts, Company Director, Mind Advantage Pty Ltd, Sydney Australia

"Awesome. An amazing 2 days that has not only given me new insights into myself but has given me tools I can use in both my personal and corporate life."

--- Louise Pretty, Manager Applications Development & Support, Alinta Energy

"Steve and I worked together using EFT to lessen or eliminate the mental and emotional barriers preventing my consistently producing my best games as a pitcher. The results were astounding... Working with Steve Wells and EFT, I found the mental edge that raises an athlete from average to elite."

--- Pat Ahearne, baseball pitcher, who used EFT to capture the MVP for his team and the Australian Baseball League Pitcher of the Year Award.

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“Fantastic! I have attended many Peak Performance type seminars and workshops over the years, but none provided me with the proper tools to overcome my thinking habits like your workshop enabled me to. The combination of your Peak Performance strategies and use of EFT had a profound effect on the way I now think about goal setting, planning & my issues relating to money. Great job and I look forward to attending any other workshops that you may be running on this topic”

--- - Ed Keay-Smith, Business Owner, Adwords Marketing

“enjoyable, practical and inspiring! I'm now well on the way to achieving goals that I never even thought of setting before I attended the course. The simple, practical methods I learned are not only helping me achieve my major goals, but are also helping me overcome minor obstacles as they pop up in everyday life. Not only has the course helped me set some outstanding goals, it has given me practical strategies to achieve them that actually work! Thanks Steve for providing the catalyst that is taking me to the next level of fulfillment and success.”

--- - David Koutsoukis, Professional Speaker and Author

”In every field there are some pioneers who become stars. Steve Wells qualifies in both regards.”

– Gary Craig, Founder, EFT

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“Thousands of candles  
can be lit from a single candle,  
and the life of the candle  
will not be shortened.”

Buddha