

? The What

Feeling vital and performing at your best requires a constellation of skills and commitments that need to be continuously practiced and refined.

Learn the skills required to optimize your personal and emotional health from Dr. Dorian Dugmore and Dr. Geetu Bharwaney, two leading experts in the fields of personal health and emotional resilience, respectively.

Assess your capability to manage your emotions and effectively manage challenging situations by taking the **Personal Performance Survey.** In addition, learn how to take a step back from the demands of your personal and professional life and consider your long-term aspirations and the legacy you want to build via the Living Legacy Facilitated Reflection Process.

Have you ever felt...

- Overwhelmed by the stresses of work and life?
- That you are lacking a vision for the future?

Difficulty bouncing back from setbacks and challenges?

☆ The Tools

The Personal Performance Survey (PPS) is a psychometric assessment that provides deep insights into an individual's Emotional Resilience, the ability to bounce back from life's challenges and setbacks.

Your Living Legacy is a guided reflection process that will help you identify what is most important to you now and for the rest of your life and leadership career. A single page output will cover your **physical, social, spiritual, financial, intellectual and career aspirations.**



The Ei World 'Perform at your Best" Package will help you live your best life by providing:

Insight into your current state of personal health.

Actionable suggestions for elevating your personal health level.

Understanding of your Emotional Resilience competencies via the Personal Performance Survey.

Detailed description of your emotion-based strengths and opportunity areas.

Concrete and actionable suggestions for improving your ability to operate with Emotional Resilience.

Personalized Roadmap to Resilience to set goals and measure progress.

A facilitated reflection process to help you to define your living legacy – what is most important to you now and for the rest of your life and career.

1:1 advice and expertise from a qualified coach.

Sign-up today.

Your next step	Contact Information	Learn more at
Register your Interest	tina.brunner@eiworld.org	www.eiworld.org