

# Planning for PEAK Performance

Online Training



## INTRODUCTION

Too much to do and not enough time is a commonly heard phrase that rings true for most of us. The majority of us wish that we had more hours in the day. This 2-hour online programme is not necessarily about creating extra hours, but about ensuring that we are spending those precious hours doing the most important things, making sure that we are looking after ourselves, so that we bring our best most rational and effective selves to work and can enjoy our leisure time. Often planning and prioritising programmes are about productivity and fitting as much as possible into the day and while this isn't necessarily bad - who doesn't want to get more done? - it can mean we end the day shattered having got lots done but not having achieved anything meaningful.

In this online training programme we look at savvy strategies which encourage us to strive to be fruitful rather than productive so that we are operating at our PEAK and finishing the day having achieved something meaningful with energy left in the tank.

## OUTCOMES

- Discover the difference between being productive and being fruitful
- Be able to use the PEAK pillars of fruitfulness to manage your workload and wellbeing effectively
- Understand where you add the most value and how to prioritise and set boundaries accordingly
- Know how to manage your energy and emotional state for optimal fruitfulness
- Be able to plan your work in a way that is most effective for you and the business
- Understand how to regulate stress and sustain Emotional Intelligence under pressure

# About Zestfor

## LEADERS BY EXAMPLE

We don't just teach developing High Performing Teams it's how we run our company.

Zestfor specialises in developing programmes and resources specifically tailored for technical markets – including Pharmaceutical, IT and Life Sciences. Our expertise in delivering high-impact learning is matched by our ability to develop the skills required for effective communication and collaboration in technical and virtual environments. Specialists at developing High Performing Teams our blended training programmes yield dynamic results – re-energising your team whether we meet face-to-face or virtually. The Zestfor team is led by Julia Carter who has over 25 years' experience in the blue-chip corporate world with more than 20 years in learning and development roles. Over the past 10 years, Julia's focus has been working with leaders who manage virtual global teams. As a result, Julia is best known for her specialism of helping leaders effectively lead in a virtual environment.

