

UNLEASH THE
PEAK PERFORMER
WITHIN YOU

CHAPTER 9

YOU, A CORPORATE ATHLETE?

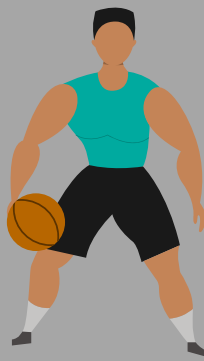
"If executives are to perform at high levels over the long haul, they have to train in the same systematic, multi-level way that world-class athletes do."

- Jim Loehr & Tony Schwartz -

Authors of "The Making of a Corporate Athlete"

1

Change your mindset on work. Think like an athlete by building time-blocks for both performance and recovery.



2

Begin taking nature walks a few days per week.



3

Consider the Tiger Synchronize coaching program. Visit www.tigerpi.com/coaching-programs



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