



The Business Olympian Schools Program

In the current day and age, gaining an advantage in life is an essential step to achieving our dreams. After guiding numerous young Olympians to varying levels of success at the past 3 Olympic Games, the Business Olympian brings those same programs to you in a format which is fun, practical and provides your students with lessons they will use for the rest of their lives.

Our definition of the difference between good and great is the ability to perform consistently under pressure, with a determined and appropriate focus. To that end we would like to offer you two programs which we believe would be crucial to your student's development.

Our school based programs are designed to challenge the students in a way which fosters a determination to succeed. All our processes use scientific methodologies that are logical, thorough and measurable. We are unique from other consultancies, in that we run our session utilising our well researched *elite performance experiential model*. In addition, we use various presenters (including current and ex-Olympians / professional athletes) to achieve an effective and innovative presentation.

The Business Olympian Program has helped



Achieve their potential & perform under pressure!

Program Content & Design

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Author of the Business Olympian

Experience:

Australian Institute of Sport Senior Psychologist
Professional athletes
Developmental Athletes

Olympic Sports Psychologist
Corporate Executives

READ ON FOR MORE DETAILED INFORMATION ABOUT THE PROGRAM CONTENT





WORKSHOP 1 – PERFORMING UNDER PRESSURE | Shut the Duck up

What is the difference between good and great?

The difference is the great are able to perform consistently under pressure.

This program is about understanding the thoughts and behaviours which we all experience when we are put in a pressured situation, be that up-coming exams, expectations of parents or even social settings. This workshop will help you identify the types of responses you experience and then the strategies you can use to enable you to perform to your full potential.

Through use of role plays we explore the various thought patterns which prevent us from achieving our full potential; additionally we examine the associated behaviours. This approach allows the students to explore the congruency between their thoughts and behaviours and how they are linked.

Both proactive and reactive strategies are discussed and individualised and the students are given guidance on how to implement the change.

WORKSHOP 2 – STRIVING FOR GOLD | Achieving your Dreams

This workshop is about defining your gold medal and setting up a plan to achieve it. All too often we set dreams on what we would like to achieve, but unless the plans are well documented and thought through, those dreams often become nightmares. The striving for gold programs looks to develop structured plans and routines which students can use to achieve their full potential.

The focus of the program goes beyond how we achieve our goals to the quality of the achievements.

Finally we explore the concept of self-sabotage and how either consciously or unconsciously we may prevent ourselves from achieving our dreams.

The program is fully customised to the needs / issues of your students and we use a variety of processes to ensure all individuals walk away with a process that will be successful for them.

For more information please don't hesitate to contact me at your convenience.

Regards *Fiona*

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