



A P Consulting



Leading & Managing for Optimum Performance & Well-Being™

Business Context:

Today's lifestyle involves significant risks to personal health and organisational performance where long hours, high stress, limited time for relaxation or exercise, damaging eating and drinking habits and frequent periods away from home are commonplace.

Leaders are increasingly conscious of poor management practices and anxious to avoid potentially costly and high profile court cases. High on the corporate agenda remains the need to engage talent and be seen as an attractive and socially responsible employer in a highly competitive market for skills, as well as the commercial need to reduce sickness absence often attributed to stress and anxiety at work.

The focus of this work is on keeping pressure positive and creating climates where innovation and high performance are more likely to thrive. Fit and healthy executives feel better about themselves, are more astute and energetic and better able to attend to key relationships including clients, other stakeholders and direct reports in order to contribute to their organisation's performance.

Introduction:

The programme takes a holistic view of executives' physical and psychological health, and presents latest thinking in the fields of health and well-being. The aim is to help delegates understand the continuous feedback loops between their minds and bodies, and how to achieve higher performance and satisfaction in all aspects of their lives. The importance of diet, exercise and relaxation, as well as the need to invest time in relationships and other interests is stressed.

Delegates will understand how small changes in their 'lifestyle' can lead to significant improvements in their health, well-being and work performance. They will feel motivated to make these changes for themselves and also inspire those they lead to adopt similar wellness initiatives in their lives, building energy and resilience for sustained peak performance.

Programme Options Include:

- Modules designed and integrated into organisational Culture Change & Leadership Development programmes
- 1 - 2 day programmes for teams and groups
- Half day briefing and awareness-raising seminars
- 1:1 coaching tailored for individual needs



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Objectives:

- Understand the dimensions of climates where innovation and high performance are more likely to thrive and reflect on implications for own organisation and role
- Encourage proactive health management, demonstrating how the individual can take personal responsibility for their own health and well-being
- Clarify pressure/performance curve and linkage between individual personality, behaviour and stress, including 'fight or flight' response
- Provide input on key stress indicators and the impact of chronic stress - physically and psychologically
- Experience and have explained the effects of exercise and forms of deep relaxation, learning how to use the mind and breathing to calm the body
- Evaluate current health and fitness and review personal stress levels, diet and lifestyle, attitudes/ coping mechanisms etc.
- Explore additional strategies for personal well-being through increased understanding of exercise, diet and improved work-life integration
- Make available menu of follow-up coaching and support to help delegates embed learning and achieve required changes

Team:

- **Amanda Phillips MA, MSc, Chartered FCIPD, Dip. Psych. (Programme Director)** consultant & psychotherapist specialising in executive development, organisational change and keeping pressure positive. Harley Street practice
- **Dr Michael Perring MA, MB, BChir, FCP (SA), DPM (Physician)** Medical Director at Optimal Health of Harley Street, and advises on health management and 'ageing well', diet and lifestyle
- **Dani Hulyer BA, Dip Ed, Dip. Health Promotion (Exercise Specialist)** works with individuals to develop personal fitness and integrates nutrition for peak effectiveness
- **Nutritionist** - body nourishment for health and energy
- **Other specialist practitioners** e.g., Yoga, Pilates, Chi Kung, Meditation

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