Optimum Performance
“Producing maximum outcomes through best possible inputs”

**HIGHLIGHTS**

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<tr>
<th><strong>DURATION</strong></th>
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<td>Two Days Online Training</td>
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<td>8th – 9th April, 2021</td>
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<th><strong>Timings</strong></th>
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<td>10 AM – 1:00 PM</td>
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**METHODOLOGY**

Interactive session through experience and knowledge sharing, activity-based learning, peer group discussion, learning through fun and intellectual discourse.

**For Contact & Info**

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**Introduction:**

Optimizing performance is the key to success. This happens when you perform to the best of your ability. Only those remain on the stage till the end who perform exceptionally well as at the end only performance matters. In today’s world many professionals struggle to perform at optimum level (the best possible) and unable to utilize their full potential due to several reasons. The reasons are of two types,

i) Employee personal reasons.

ii) Organizational reasons.

The personal reasons include unhealthy diets, less physical exercise, inadequate and improper sleep, mental illness, lack of good personal and professional relationships, financial issues, lack of professionalism, excessive use of social media, unhealthy personality traits. Professionals can only reach to their full potential and perform at fullest once they learn to be physically, mentally, socially, and professionally fit. This training is a unique opportunity to learn the techniques and methods for becoming physically, mentally, financially, socially, and professionally fit in order to optimize performance, reaching to the full potential and to be more energetic throughout the day.

**Learning Objectives:**

- Achieving optimum performance at work place
- How to be innovative, creative and effective professional
- The essentials for fitness for greater performance
- The personality traits to become an effective leader
- Managing personal and professional relations for greater results
- Role of diet in performance management
- Maintaining performance during pandemics and emergencies
- Getting best results with minimum resources
- Use of social media for digital connectivity and presence

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