

# LIVING LIKE AN OLYMPIAN

## How to Perform at Your Best - Every Day No Matter What

*In this dynamic, entertaining, reality based keynote program, two-time Olympic Pentathlete Marilyn King reveals the simple truth about exceptional human performance.*

*In this experiential program you will:*

- ★ Identify within yourself the three essential traits common to all high achievers
- ★ Understand why courage is the key to achieving the “unimaginable” and how to access it
- ★ Discover the truth about willpower and discipline – why they are NOT necessary – or even desirable, for sustained high performance
- ★ The two simple steps required to release the Olympian in you
- ★ A simple 5-minute-a-day practice that can easily double your effectiveness and accelerate performance objectives

*(Programs are always customized to meet the objectives of the sponsoring organization.)*



MARILYN KING

**“My goal for this years symposium was to educate and motivate some of our best and brightest leaders. Your session clearly accomplished this goal. The feedback I received on your session was outstanding!”**

*Scott A. Dougall, Vice President, IBM Technical Support-Americas*

**“My staff and I came back with renewed spirits and the will to work on building a stronger team bond ...thanks to your innate ability to motivate and inspire. Needless to say, I was again awestruck by your talk just as I was when I heard you at the Women in Leadership Summit in San Francisco, this past February. Saying ‘thank you’ somehow just doesn’t seem enough.”**

*Barbara L. Whittaker, Executive Director GM Worldwide Publishing*

**“...All of the attendees came away from the day energized, feeling more confident about themselves and their Company... masterful job...Congratulations on a fantastic program!”**

*Hank Perry, Vice President, Pacific Union*

**MARILYN KING** \*Two Time Olympic Pentathlete \*Expert in Exceptional Human Performance \*Consultant, Trainer, Motivational Speaker for Fortune 500 companies ([www.waybeyondsports.com](http://www.waybeyondsports.com))