

# AWAKEN THE OLYMPIAN IN YOU

## Develop the Core Habits of High Achievers

*In this highly experiential, learning-by-doing workshop, Marilyn King shows participants how to apply the principles of Olympian Thinking™ to their personal and professional lives. Through inspiring stories combined with practical applications, exercises and activities you will learn how to develop the daily habits that invariably lead to exceptional results.*

*Participants will:*

- ★ Discover how to access the energy and creativity needed for sustained high performance on a daily basis
- ★ Experience the application of neuroscience discoveries using the Olympian Thinking™ tools of Ideal Imaging and Success Mapping to work smarter, not harder
- ★ Create a 5-minute daily practice to align the three things common to all high achievers to perform at your peak - every day
- ★ Learn how to choose appropriate training partners and coaches as part of your high performance team
- ★ Practice using “The Olympic Minute” to dramatically increase effective daily action



MARILYN KING

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

**“I’d recommend your coaching and consulting to any person or to any team driving improvement to their performance.”**

*Sue Zwinger , VP Global Systems Support, Oracle Corporation*

**“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*

**“I know that this was not your first experience with Hewlett Packard, and your reputation is well deserved as both keynote and workshop presenter. Your message has been an inspiration to those who have had the fortune to be in your audience...Marilyn, I hope this experience was as gratifying to you as it was inspirational to the women who attended your workshop.”**

*Judy Allen, Hewlett Packard Regional Women’s Conference*

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