

AWAKENING THE OLYMPIAN WITHIN

Developing the Core Habits of Peak Performers

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

Participants will:

- ★ Identify and harness their personal passion - thereby accessing the energy and creativity needed for sustained high performance
- ★ Discover the critical importance of vision - and practice using the Olympian Thinking™ tools of Ideal Imaging and Success Mapping to work smarter, not harder
- ★ Create a 5 minute practice to align Passion, Vision and Action to perform at their peak - every day
- ★ Enlist training partners and coaches as part of their high performance team
- ★ Practice using "The Olympic Minute" to dramatically increase effective daily action.

The result? People in the driver's seat of their own lives. Success-oriented, proactive high achievers who are self-defined, self-directed and capable of far surpassing their previous levels of accomplishment.



MARILYN KING

Featured in the new book, Enlightened Power - How Women are Transforming the Practice of Leadership, Marilyn King's influence reaches beyond sports into areas of business, leadership development and exceptional human performance. Marilyn was already a two-time Olympian when a devastating automobile accident left her unable to train physically for her third Olympic team. Using only mental training she placed second in the demanding 5-event pentathlon at the 1980 Olympic Trials.

Since then, Ms. King has become one of America's leading authorities on exceptional human performance. With over twenty-five years of extensive research into the secrets of extraordinary accomplishment in sports, business, and education, she delivers powerful, proven, and practical tools that help her audiences release the 'Olympian' within themselves. Her common sense approach, unique insights, and inspiring presence deliver lasting results (and standing ovations) wherever she speaks.

"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

"The specific tools provided in your workshops were put to immediate use at the conference to fan the flames of the learning revolution. Olympian Thinking (Passion, Vision, Action) as a concept for understanding how ordinary people achieve extraordinary things, greatly supported and enhanced all our messages."

Chris Turner, Change Strategy Team, Xerox Business Services

"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