

# LIVING LIKE AN OLYMPIAN

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

*In this dynamic, fact-filled, and entertaining keynote program, two-time Olympian Marilyn King reveals the best-kept secrets of exceptional human performance.*

You will learn:

- ★ Why courage is the key to achieving the “unimaginable”
- ★ The three essential traits of every high achiever - and how you can align these to instantly transform your life
- ★ The truth about willpower and discipline - why they are NOT necessary - or even desirable - for sustained peak performance
- ★ The two simple steps you must take to release the Olympian in you
- ★ A simple 5-minute-a-day practice that can easily double your productivity and performance

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



## 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*

**“Ms King, Bravo!...effective and innovative... focused and direct...excellent, one of the best we've had.”**

**“Such praise does not come so easily from these managers, a well-seasoned team of 30 professionals, mostly attorneys who provide management and liability claims services.”**

*Carol Gill, Director Training and Development, AIG Technical Services.*

**“...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*