

The Inner Game of Leadership

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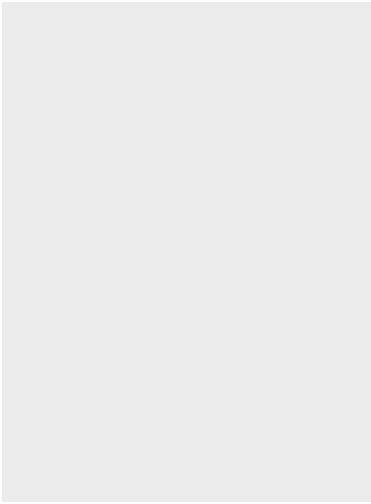


Most business leaders learn to adapt and adjust to achieve effectiveness under trying and changing conditions. But in these times of unparalleled global competition, the question has to be asked, "Is being effective good enough?" Without competition, it is. But competition changes everything. Everyone has to perform to their very best. Being effective just won't carry the day for the long haul. Besides, psychologists continually remind us that the human spirit is such that people want to excel. I never met a person who wants to be just ordinary!

Taking the lead from their brothers and sisters in athletics, business leaders too can develop the mental competencies that significantly increase the chances for delivering exceptional performance. For the past 16 years, we have been developing and applying a systematic approach to peak performance that integrates the science of performance psychology, advanced sensory feedback technology, and personalized coaching for elite athletes, military professionals and business leaders alike. First created at the US Military Academy at West Point by the author and since significantly advanced and adapted for a broader audience, the program consists of a Peak Performance Center and accompanying training protocols that focus on mastering the five peak performance competencies. These are:

1. Goal setting
2. Positive-effective thinking
3. Stress / energy management
4. Attention control
5. Visualization and imagery

As in any training and development process, quality and accurate feedback are essential for learning. Since peak performance competencies are internal, learning to master them is best achieved with advanced biofeedback and neurofeedback technologies that measure covert activities like heart rate variability, respiration, blood pressure, brain activity, etc. Once the



domain of clinicians and biofeedback therapists, we now use these technologies to provide accurate and measurable feedback as the individual learns to master control over mental, physiological and emotional responses to demanding and challenging events. Research in performance psychology continues to validate the importance and effectiveness of the competencies depicted in our five-point model.

I invite you to download a new white paper I have written to learn more.

[“The Inner Game of Leadership,”](#)

by Louis Csoka

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