
Executive 1-day intensive: The Key to Success

An intensive journey to uncover your maximum potential



The goal of this intensive 1-day workshop is to:

- Increase motivation, drive and enthusiasm
- Increase resilience to stress
- Boost employee creativity and problem solving ability
- Foster leadership development

The topics that will be covered are:

1. Unlocking stress mastery

Understanding the symptoms, the causes and how to capitalize on the positive effects of stress instead of having the negative side effects of chronic stress work against you.

2. Unlocking your body's signals

Gaining insight into the causes and effects of physical weakness, how it can trigger behavior, and understanding health in general.

3. Unlocking nutrition

Understanding nutrition and eradicating the word 'disease' based on examples of the participants dietary habits.

4. Unlocking your potential

Gaining insight into what is keeping you back, what your strengths are and a thorough understanding of winning in general.

5. Quick stress release tips

This intensive day will include nutritious tea breaks, a healthy lunch and a 'Healthy Hour' at the end of the day.



The all-inclusive fee is ANG 500 per participant (with a minimum of 20 participants per group).

Please contact **Lilian Nicolaas** at lilian@piairetreats.com or at 599 9 5262294 for additional information, tailoring of the program, reservations or special discounts for large groups.