

# TIGNUM PREMIER HIGH PERFORMANCE PROGRAM

OPEN ENROLLMENT

# TIGNUM PREMIER HIGH PERFORMANCE PROGRAM

## WHO

You are a hard working executive who would benefit greatly from having more energy, resilience and work capacity.

## WHAT

The current business world moves at a fast pace and is full of rapid change and transformation. These changes can be stimulating, but also overwhelming. Only those specifically prepared to meet these challenges will be successful.

### THIS PROGRAM PROVIDES YOU WITH:

- \_The energy to achieve your potential every day at work and away from work
- \_The resilience to bounce back from the challenges and adversity that you face every day
- \_The knowledge, strategy and tools necessary to improve your brain-agility (creativity, focus, recall and concentration)
- \_The enhanced capacity to deal with your growing work and home demands
- \_A personal strategy and action plan to lead to real change
- \_All the practical tools you need to immediately implement everything you learn
- \_A personal coach to help you achieve your personally meaningful goals
- \_The foundation you need to become a sustainable high performer

**“Dealing with the extreme nature of my job I feel much better equipped with the tools and techniques I learned from Tignum. I feel healthier. I have more energy. I feel better. The Tignum experience has made a big difference to me.”**

SANDY OGG, CHIEF HR OFFICER, UNILEVER

## HOW

The Tignum High Performance program is a blend of dynamic multimedia presentations, stimulating group discussions, reflective practice and practical hands-on learning experiences that take you from knowing to doing. This program is delivered in an informal and personal workshop setting, specifically designed to enhance the interaction with coaches and other participants.

Your Tignum experience will include 4 stages:

### 1. INVESTIGATE (NIGHT OF ARRIVAL)

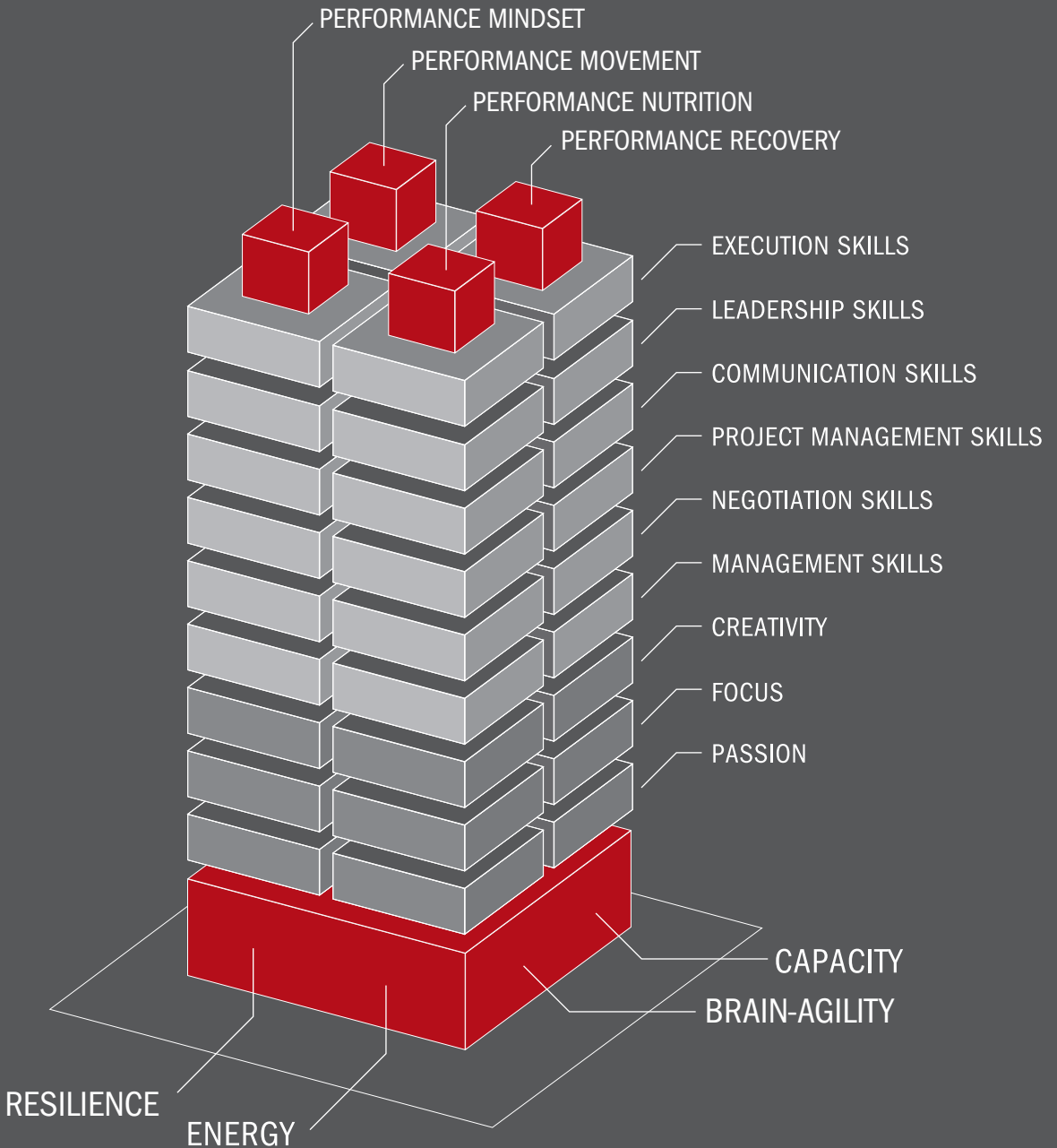
This phase consists of the following assessments:

\_online behavioral style analysis (DISC) – to provide you with insights into your strengths, hindering factors, communication style, goal setting style, and motivational style

\_online habit analysis – to provide you with a picture of your current habits, risk factors, and genetic predispositions that impact your energy, health, and resilience

\_blood test (must be completed prior to attendance with personal physician) – to provide you with a status report of your internal health (blood count, blood fat, blood sugar, liver function, kidney function, thyroid function, anti-oxidant level, inflammation markers, and coronary heart disease)

\_metabolic test (performed on a treadmill or stationary bike)– to provide you with a look at your aerobic capacity and ventilatory threshold (this test also provides you with an individualized energy system development program)



\_resting ECG with heart rate variability – to provide you with an indication of your heart health as well as your capacity to physiologically manage stress and balance your autonomic nervous system

\_resting blood pressure – to provide you with an indication of your cardiovascular health and identify hidden risk factor

\_body composition assessment – to provide you with a look at your body composition from 3 different perspectives (bioelectrical impedance, waist circumference, body-mass index) to recognize risk factors for diabetes, heart disease, and certain cancers

\_functional movement screen – to provide you with a comprehensive assessment of your mobility, stability and balance to identify risk factors for injury and pain syndromes (back pain, knee pain, shoulder pain, etc.)

2. ILLUMINATE (THROUGHOUT 2 DAY WORKSHOP) THIS PHASE CONSISTS OF DYNAMIC FACILITATED DISCUSSIONS ALONG WITH EXPERIENTIAL SESSIONS TO IMMEDIATELY APPLY EVERYTHING LEARNED. THESE SESSIONS SAFELY ENCOURAGE PARTICIPATION, LEVERAGE THE EXPERIENCES OF THE GROUP, AND STRATEGICALLY BUILD UPON EACH PREVIOUS LESSON.

Topics include:

\_Performance Mindset – this includes the Tignum Mindset system to improve confidence, communication, focus, sharpness, attention, and clarity

\_Performance Nutrition – this includes the Tignum Nutrition system to improve brain-agility through hydration, blood glucose balance, nutrient density, and strategic supplementation

\_Performance Movement – this includes the Tignum Movement system to improve brain-agility, mobility, stability, balance, functional strength, and work capacity in a highly efficient and effective manner

\_Performance Recovery – this includes the Tignum Recovery system to maximize regeneration and recuperation through improving sleep quality and balancing the autonomic nervous system

\_Building High Performance Organizations and Teams this includes the application of all of the Tignum systems to improve the overall performance and sustainability of work teams and the organization.

3. IGNITE (THROUGHOUT 2 DAY WORKSHOP) THIS PHASE CONSISTS OF A PERSONALIZED SERIES OF REFLECTIVE EXERCISES TO DEVELOP A MEANINGFUL PERSONAL INNOVATION MAP THAT WILL MOVE YOU FROM JUST KNOWING WHAT TO DO TO ACTUALLY DOING IT – AND SUSTAINING IT. THIS INCLUDES THE TIGNUM BENEFIT ATTAINMENT SYSTEM.

4. IMPLEMENT (3 MONTHS FOLLOWING THE 2 DAY WORKSHOP) THIS PHASE CONSISTS OF 3 MONTHS OF ONE-ON-ONE COACHING TO SUPPORT YOU IN ACHIEVING YOUR PERSONAL INNOVATION GOALS. THIS IS DONE THROUGH EMAIL, SMS, WEBEX, WEBCASTS AND PHONE CONSULTATION AND IS A CRUCIAL STEP FOR BECOMING A SUSTAINABLE HIGH PERFORMER.

“I have been on seminars and sessions where it is extremely hard to put the learnings into practice, despite the best of intentions. This was not the case here.

I think the major difference with Tignum is the very tangible personal benefit that arose as result of implementing their strategies.

I feel like I am embarking on an entirely new phase in my life and it's extremely motivating and exciting - my personal goal is to be the undisputed champion in terms of levels of improvement over the next 6 months. Many thanks to you and your team - I will make this happen.”

**BILL SWEENEY, VP, ADIDAS**

## TIGNUM COACHES

Our programs are delivered by world-class international coaches from a variety of backgrounds. Our coaches remain cutting edge in their fields and their passion is helping you achieve your full potential. All open enrollment programs are led by Scott Peltin, one of our founders and our Chief Performance Officer along with a group of our high performance coaches.

Scott Peltin, co-founder of Tignum, is an internationally renowned coach and presenter on sustainable human performance. Scott has personally coached numerous high performing top-level leaders in Fortune 100 companies to improve their energy, focus, resilience, and effectiveness. He is the co-author of the highly acclaimed leadership book:

Sink, Float or Swim – Sustainable high performance doesn't happen by chance it happens by choice. Prior to founding Tignum in 2003, Scott worked in the US Fire Service for over 25 years, serving on the front line as a firefighter and captain, and later leading his crews as a battalion and division chief.

## TOOLS PARTICIPANTS WILL RECEIVE:

\_Apple ipod prerecorded with power nap instructions, mental rehearsal scripts, relaxation scripts all interlaced with the latest brain stimulation technology (binaural sounds). Additionally the ipod will contain videos and pictures of all recommended exercises.

\_Resistance tubes for resistance training

\_Tennis ball for self-myofascial release (techniques to reduce pain, alleviate tension, and enhance movement)

\_Polar watch for energy system development training (heart rate based interval training)

\_Full workbook with summary of content, self reflection exercises, and quick reference implementation guides

TOUGH ECONOMIC CHALLENGES CAN IMPACT THE PERFORMANCE OF THE MOST PIVOTAL PEOPLE IN ORGANIZATIONS. THE BEST PERFORMERS ARE BEING REQUIRED TO DO MORE WITH LESS. TIGNUM BOOSTS YOUR KEY PEOPLE'S ENERGY, RESILIENCE, BRAIN-AGILITY, AND CAPACITY AND BUILDS A STRONG FOUNDATION FOR SUPERIOR BUSINESS PERFORMANCE IN DIFFICULT TIMES.

# DATES & FEE

## WHEN AND WHERE

Dates for Europe Programs

- > APRIL 13-14, 2010 - AMSTERDAM, THE NETHERLANDS
- > SEPTEMBER 23-24, 2010 - ZURICH, SWITZERLAND
- > OCTOBER 21-22, 2010 - ZURICH, SWITZERLAND

(Testing in the afternoon/evening before the workshop. Workshops begin at 7 am. Workshops end on second day at 16.00)

Dates for North America Programs

- > JUNE 24-25, 2010 - PHOENIX, ARIZONA USA
- > NOVEMBER 18-19, 2010 - PHOENIX, ARIZONA USA

(Testing in the afternoon/evening before the workshop. Workshops begin at 7 am. Workshops end on second day at 16.00)

## PROGRAM FEE

The program fee includes hotel accommodations for the first and second night of the program. Each program concludes at 16:00 on the final day to allow you to travel home. You are responsible for any additional accommodations. The program fee does not include dinner on your arrival night but it does include all three meals on day 2 and breakfast and lunch on the final day.

Additionally, the program fee includes all of the high performance tools that are used throughout the program .

EUROPEAN PROGRAM 6,000 EURO

NORTH AMERICAN PROGRAM 6,500 USD

Tignum reserves the right to modify the program fee at any time but once you have reserved your spot your fee will be locked in. Additionally, the fees are inclusive and there is no reduction if you choose to not stay at the selected hotel.

All fees must be paid in full prior to the program date.

## TENTATIVE RESERVATIONS

To make a non-binding tentative reservation, call/ email

\_for Europe /EMEA:+49 711 41160500  
amsterdam@tignum.com

\_for North/South America: +1 602 349 5054  
phoenix@tignum.com

## APPLICATION & INVOICING

To apply for this program please complete the attached application and fax or email it immediately. You will receive an email to confirm your reservation. Once your payment is processed you will receive your welcome pack with detailed instructions on the next steps, what you will need to bring, and the course itinerary. At this point, your enrollment is considered firm by both you and Tignum.

Please pay for the program immediately as this will expedite you receiving the necessary information to make your participation as successful as possible. In the event that you register within one month of the start of the program, you must settle the invoice immediately without exception. Under no circumstances will you be allowed to participate if your invoice is not settled prior to the beginning of the program.

Once accepted into the program, you should understand that you must be completely free of professional duties while attending the program and you must attend all scheduled sessions and activities.



## CANCELLATION POLICY

Tignum must be notified in writing of all cancellations or rescheduling. If you are confirmed for a program, but find that you are unable to attend, you have the following cancellation and rescheduling options. Due to program demand and pre-program preparation, cancellations and rescheduling will apply. All rescheduled programs must be completed within 365 calendar days from the original confirmed date or all fees are lost.

### UP TO SIX WEEKS PRIOR TO THE PROGRAM:

- \_full refund for cancellation
- \_reschedule for no additional fee if confirmed immediately

Note: Tignum programs tend to be fully booked well in advance. Therefore, space may not be available in a later session.

### FROM TWO WEEKS TO SIX WEEKS PRIOR TO THE PROGRAM:

- \_you incur a 50% cancellation fee
- \_you incur a reschedule fee of €360/ \$500 USD

### WITHIN TWO WEEKS OF THE PROGRAM:

- \_you incur a 100% cancellation fee
- \_you incur a reschedule fee of €720/ \$1000 USD

Note: A participant can be substituted on the same program session without incurring any fees but the substitute needs to apply immediately upon replacement so they can receive all of the materials.

# REGISTRATION FORM

Registration forms must be received no later than 3 weeks prior to program date. Please fax or email to:

\_for Europe /EMEA:+49 711 27327902  
amsterdam@tignum.com

\_for North/South America: +1 602 349 5054  
phoenix@tignum.com

## YOUR INFORMATION

( ) Mr. ( ) Mrs. ( ) Ms. ( ) Dr.

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Country: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Assistant's Name: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

If your company is investing in your attendance please submit:

Contact: \_\_\_\_\_

Purchase Order: \_\_\_\_\_

Company Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_ Email: \_\_\_\_\_

### 2010 OPEN ENROLLMENT DATES EUROPE/EMEA

- April 13-14, 2010 - Amsterdam, The Netherlands  
 September 23-24, 2010 - Zurich, Switzerland  
 October 21-22, 2010 - Zurich, Switzerland

### 2010 OPEN ENROLLMENT DATES N/S AMERICA

- June 24-25, 2010 - Phoenix, Arizona USA  
 November 18-19, 2010 - Phoenix, Arizona USA

### HOW DID YOU HEAR ABOUT US?

- Colleague  
 Friend/Family  
 Website  
 Book: Sink, Float or Swim  
 Advertisement  
 Other: \_\_\_\_\_

### INVESTMENT

All programs require payment at time of registration to ensure dates. Our program administrator will contact you regarding the payment process.

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Date

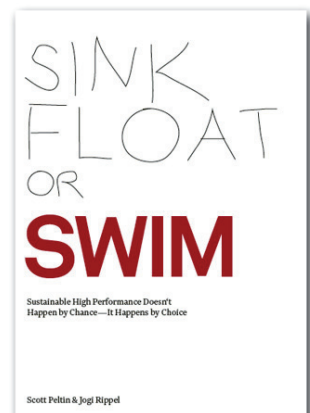
# REFERENCES



## TIGNUM BOOK

The Tignum Book “Sink, Float, or Swim” is about helping leaders increase their response-ability (ability to respond to high demands) and their perform-ability (ability to perform at their potential). In the business world there are sinkers, floaters, and swimmers. This book offers pragmatic and proven strategies to help individuals, teams, and organizations become sustainable high performers (swimmers) and achieve their full potential.

FOR MORE INFORMATION  
(WHAT READERS ARE SAYING // TABLE OF CONTENT // EXCERPT)  
[PLEASE CLICK HERE](#)



# VISIT OUR TOP RATED BLOG

[CLICK HERE](#)