

# TIGNUM PREMIER HIGH PERFORMANCE PROGRAM

EXCLUSIVELY FOR WOMEN // OPEN ENROLLMENT

# TIGNUM PREMIER HIGH PERFORMANCE PROGRAM

## WHO

You are a hard working ambitious woman executive who would benefit greatly from having more energy, resilience and balance in your professional and personal life. You want less brain fog and more brain power. You would love new strategies and skills for dealing with the challenges that women executives such as yourself often face.

## WHAT

Current research is emphatically showing that women executives bring a unique set of skills and talents to the leadership ranks of any business. These talents can only be actualized though if you are fully engaged, passionate, and resilient to the setbacks and challenges that exist at the top ranks. These challenges 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

“Tignum delivered the best leadership development program I have ever attended.”

SUSAN BYRNE, HEAD OF GLOBAL LEADERSHIP DEVELOPMENT, NOVARTIS

## 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)

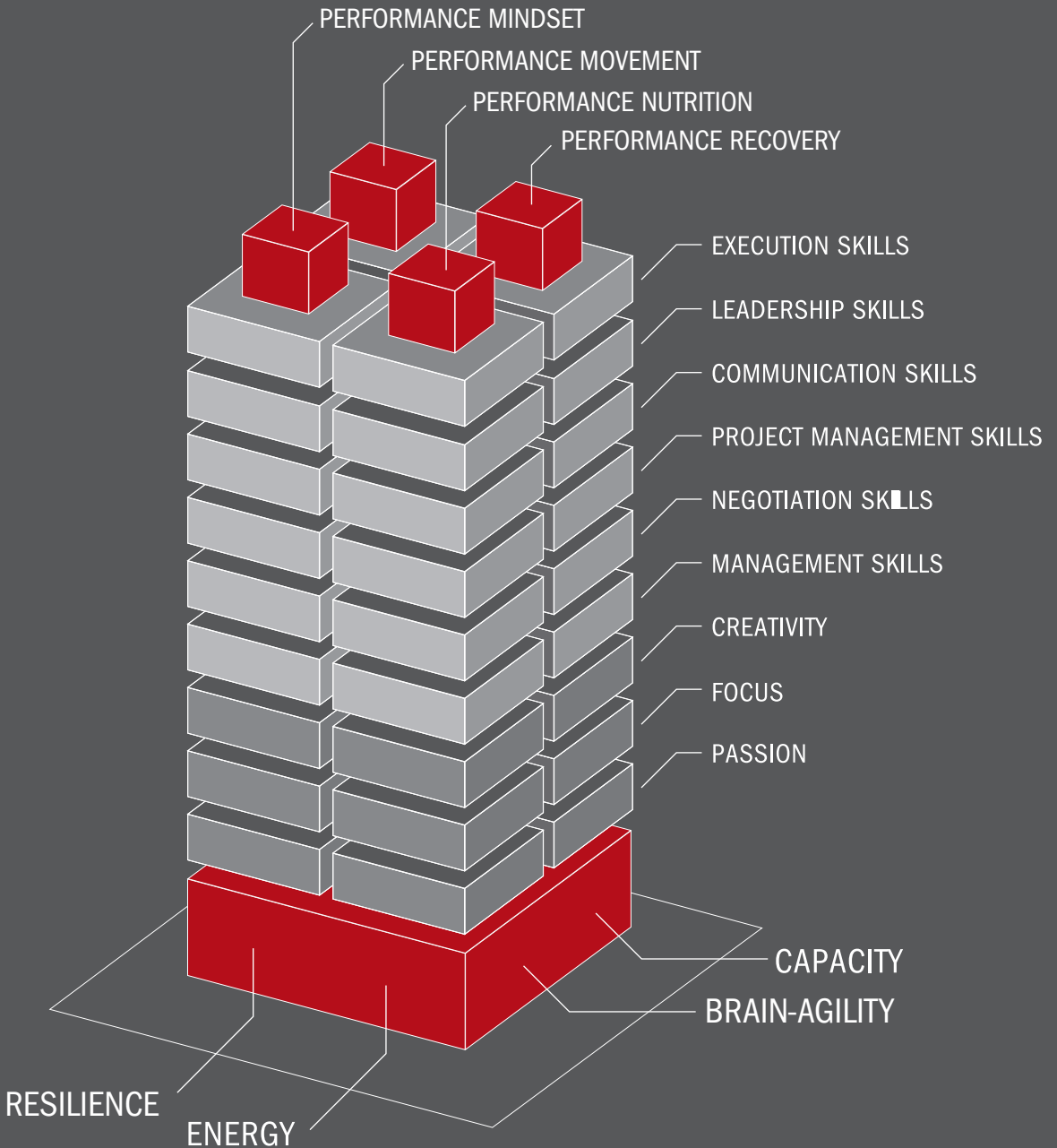
This phase consists of the following assessments:

\_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 TAKING YOUR NEWLY LEARNED STRATEGIES AND APPLYING THEM IN REAL LIFE.

„Last week was amazing. Overall the three days were incredible and I have received a great deal of positive feedback back from the team...indicating nice balance between personal performance and focus and team performance and focus. This team really needed such a session and I owe much of the success to the Tignum team. The consistent feedback was...Tignum...Wow... what a great team, high energy, great business focus, they really know what it takes to create COMPLETE sustainable performance, and these are all things that a person can really do. In fact, out of all of our objectives/agenda items, Tignum ranked the highest! Thanks for doing an amazing job. You helped to jump start the team and really created a momentum that will make a difference for the long term.“

ABBY LUERSMAN, SVP GLOBAL HR TRANSFORMATION, UNILEVER

## ABOUT TIGNUM

Tignum is an international company of world-class performance coaches and consultants from a variety of backgrounds. We have worked with thousands of high performing executives from many Fortune 100 companies to help them achieve their full potential. Our coaches remain cutting edge in their fields and they are passionate about helping you improve your energy, resilience, brain-agility, and capacity. Our exclusive Women's Premier Programs are directed by Patti Milligan. Patti has extensive experience in leadership positions as well as coaching hundreds of top executives. Along with our high performance team ([click here](#)), Patti will ensure that your Tignum experience will be world class.

## 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

WHEN QUALIFIED SUSTAINABLE HIGH PERFORMING WOMEN FILL LEADERSHIP POSITIONS, THEY BRING FRESH PERSPECTIVES, UNIQUE TALENTS, AND NEW COLLABORATIVE ABILITIES. WHEN GENDER BOUNDARIES ARE TORN DOWN, COMPANY PERFORMANCE SURGES UP. THIS IS GOOD FOR THE COMPANY, THE CUSTOMERS, AND THE GLOBAL ECONOMY.

## DATES & FEE

### WHEN AND WHERE

- > APRIL 29 - 30, 2010 - PHOENIX, ARIZONA USA
- > MAY 11 - 12, 2010 - AMSTERDAM, THE NETHERLANDS

(Testing in the afternoon/evening before the workshop. Workshops begin at 7am. 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

+1 602 349 5054 phoenix@tignum.com

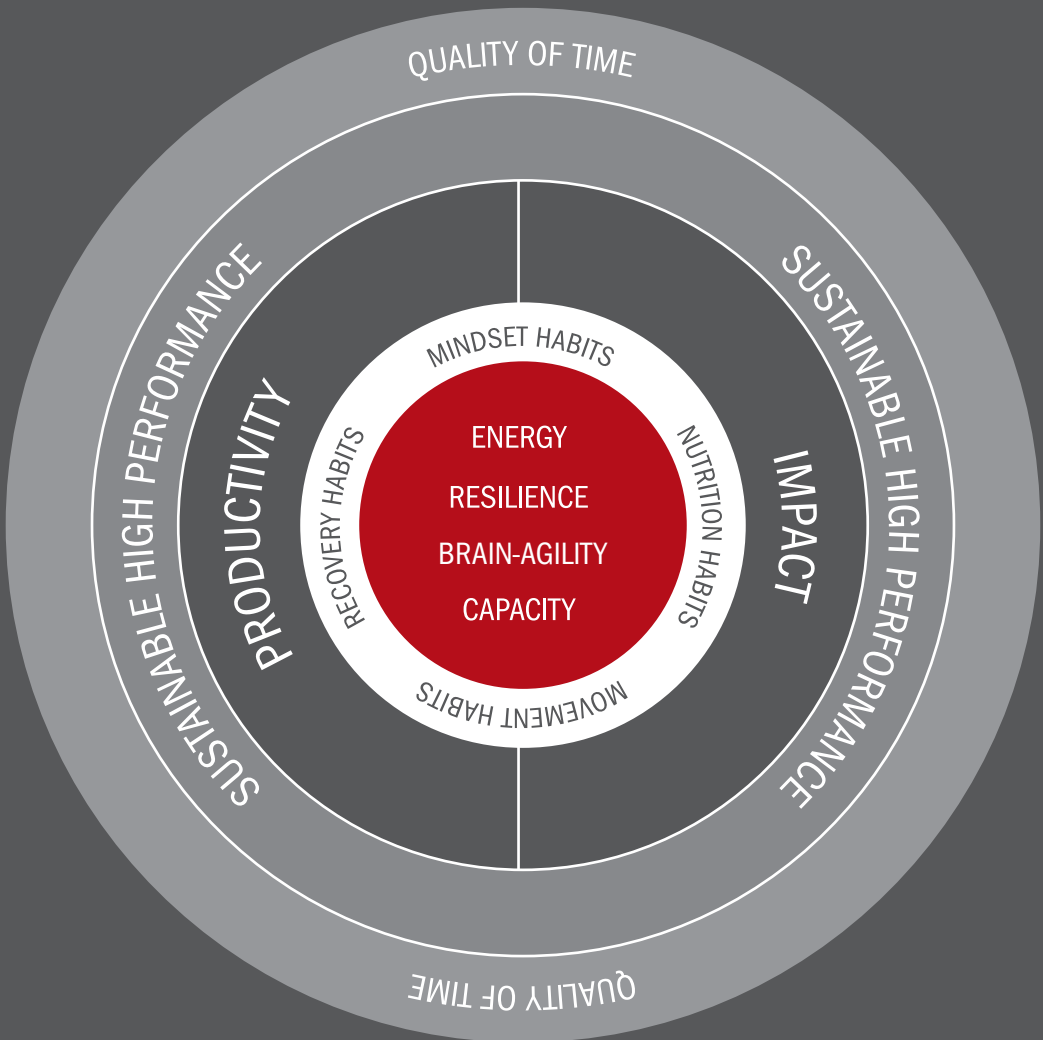
+49 711 27327902 stuttgart@tignum.com

### 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:

+1 602 349 5054 phoenix@tignum.com  
+49 711 27327902 stuttgart@tignum.com

## YOUR INFORMATION

( ) 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 / EXCLUSIVELY FOR WOMEN

- April 29 - 30, 2010 - Phoenix, Arizona USA  
 May 11 - 12, 2010 - Amsterdam, The Netherlands

### 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

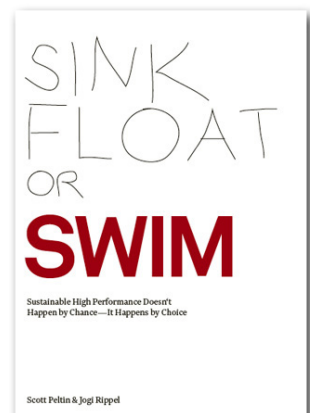
# REFERENCES



## 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](#)



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