



Banging the Drums

The embryonic journey - the quest for peak performance – continues in 2015. How does training for three marathons on three continents affect our vision of the possible and the probable? How does it affect our view of business and personal planning in attaining corporate objectives and personal goals? What is the connection between the physical and mental inputs to gain desired real world outcomes?

Sport psychologists and peak achievement trainers are continuously seeking cutting edge methods of achieving the most expedient route to confidence: trust in one's ability, appropriate focus, composure and explosive power with graceful, efficient movement patterns. We, at The Intueri Group, have used our SevenStep process, applying it in 2014 not just in business planning but in training to run half marathons. We have opted to use this uncomplicated, user friendly system to help achieve both our corporate objectives and personal goals.

What are the proficiencies of someone in or approaching peak performance condition? Is it the same in business as in sports? According to psychology journals, the peak performer possesses common elements under any conditions. Regardless of the arena, these characteristics are familiar and apply to many legendary contributors - inventors, sports heroes, business tycoons, and social activists – who continue to change and reshape our world for future generations.

- Great personal awareness and how they fit into all environments
- Ability to control the timing of their efforts and maximize opportunity
- Capacity to visualize success; driven to make “fantasy” become reality
- Cognitive skill and ‘mental toughness’ to continue driving forward, even when the body is ready to give up
- Ability to reprogram and innovate to overcome obstacles and failure

Where does the I.N.T.U.E.R.I SevenStep process fit into this grandiose idea of peak performance? To answer this we delve into the kernel that gave rise to the SevenSteps. We all need a “why”! To find motivation we need to know why we want to achieve. Our goals must be clearly defined and the ‘why’ is the most important aspect. As humans we need to be challenged, and we benefit from the growth of working through each challenge that comes our way.

No athlete will ever claim that the training is easy but it is through this challenging process that one becomes mentally and physically stronger. There must be serious commitment to achieving goals. We know our ‘why’ and this is the fuel that keeps us going, even uphill or into the headwinds. To reach our destination, we require regular feedback so we know whether we are on track or not. And because, “Rome wasn’t built in a day but brick by brick”, those goals need to be broken down into manageable pieces, allowing for celebration of regular milestones and easy handling of larger complexities.

We have used our SevenStep process with success in both business and sports related applications and as we work with clients, helping them establish and re-focus their corporate objectives and personal goals, we share the importance of having such a process. 2015 will be a milestone year, including our ambitious decision to tackle three marathons over three continents. Integration and innovation are as important to us as they are to our clients and partners.



To have a deeper conversation about how this subject will affect you or your business, please contact us directly:

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