

'Leveraging neuroscience to help  
you perform better'

# A Peak Performance Off-Site For Entrepreneurs & Business Owners



**REFLECT**






**CONNECT**



**PROJECT**

**Fota Island Resort**  
**Tuesday 14th May**

## Who is this for?

-  This is an **exclusive invite only** one-day event for Entrepreneurs & Business Owners.
-  Escape the overwhelm, reflect on your journey, **connect with others**, and strategise for sustainable peak performance.
-  This Peak Performance Off-Site will help you **remove distraction**, allowing you to concentrate on your business and personal growth.

## What you will do:

This off-site event is tailored for you if you want to:

- evaluate your overall progress and **identify areas for personal and professional development**
- conduct a **comprehensive well-being check in** to ensure you are at your best
- acquire **neuroscience-based productivity tools** to help you improve your effectiveness
- learn a proven methodology to **aid with switching off and achieving work / life balance**
- **network and connect with** a community of like minded people
- **set goals and strategise** for the remainder of 2024

Join us at this event to take a proactive step towards your growth and success!



## *Through the lens of Neuroscience?*

At The Peak Performance Series we are passionate about leveraging neuroscience to empower business owners like yourself, enabling you to thrive while minimising the personal toll of your professional commitments.

As a business owner, you are your most valuable asset, making it essential to consistently seek ways to enhance how you optimise and utilise your energy for maximum personal productivity.

Our methods are carefully crafted to provide you with absolute clarity on your priorities and guide you towards a logical path to achieving your goals.

Join us and take your success to new heights!

## Return on Investment?



*'I have worked with Des for a number of years so was delighted to get involved with this peak performance off-site. Orientation in a dynamic world is crucial and I found that stepping away from the day-to-day made me realise I was speeding down small roads with bumps and bends and the day has helped to signpost me back to the motorway, it's up to me to follow the signs'*

Nick Flynn  
MD & Founder



*'The day gave me the opportunity to network and link in with a diverse range of fellow professionals drawn from a diverse range of industries and sectors. It was an opportunity to pause and reflect and learn from the experience of others. The day helped me engage in some long overdue goal setting as well as giving me the tools and techniques to implement my short – medium- and long-term goals in both a personal and professional capacity'*

Barry-John Ryan  
Business Owner

## Return on Investment?



*'The day helped me to identify those goals and initiatives of highest value, and then guided me towards prioritising the actions which will get the ball rolling. The follow up and accountability in-built into the programme ensures progress well beyond the off-site day itself. Nearly all initial actions complete, and the ball is well and truly rolling'*

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Oliver Ryan  
Entrepreneur & Founder



*'I found the day equally challenging, insightful, and rewarding. I was particularly impressed by the calibre of the group of people Des had gathered for the session. The day was a great opportunity to pause and think; about goals and to look at some interesting tools and techniques to improve effectiveness. Everyone agreed that the power of deliberately carving out time to do an exercise like this is very beneficial. This isn't something that can be done sitting alone at your desk.'*

Brian O'Brien  
Partner 3Sixty.ie

# Agenda

Time	Activity
09:00 - 10:30	Module 1 - Reflect (Successes & Challenges)
10:30 - 10:45	Break
10:45 - 11:45	Module 2 - Energy Optimisation (Wellbeing)
11:45 - 12:00	Break
12:00 - 13:00	Module 3 - Energy Utilisation (Prioritisation)
13:00 - 14:30	Lunch & Walk
14:30 - 16:00	Module 4 - Project (Goal Pursuit)



# Fota Island Resort

*'a day and place for you to step back  
from all of your day-to-day professional demands'.*

Fota Island Resort epitomises the luxury and service expected from a 5-star hotel in Cork. As one of the very few resort hotels in Ireland, it is situated on its own private island amidst the tranquillity of Cork Harbour and importantly it is just a 15 minute drive from Cork City. State of the art meeting rooms, ideal for our off-site. For more visit: <https://www.fotaisland.ie/>.





Date:  
Tuesday March 14th  
09:00 - 16:00

## PACKAGE INCLUDES

- Full Day Facilitation
- Neuroscience Tools
- Support for 2024

- Refreshments
- Lunch
- Numbers Limited

€495

To Reserve contact:

 [des@peakperformanceseries.com](mailto:des@peakperformanceseries.com)

# Des Golden BIO

Des facilitates leaders, entrepreneurs and teams from around the world to better performance.

After spending time in education and coaching at the Rafa Nadal Academy in Spain. He qualified as an Associate Certified Coach (ACC) with the International Coach Federation, and as a Brain-based Coach with the NeuroLeadership Institute.

Des is passionate about helping people, through the lens of Neuroscience, to reach the extremities of their potential.

Des is also certified with the European Mentoring and Coaching Council (EMCC) and the Mindfulness Association.





THE  
**PEAK PERFORMANCE**  
SERIES

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to think and perform better.**

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