



Training workshop

For who ?

Anyone who wants to :

- Learn to manage one's energy and mind to stay at one's best when pressure is rising.
- Bring one's performances (personal and professional) to the next level sustainably.

Pre requisit

The will to get involved in a change dynamic

The coach

Denis Thuillier, founder of Champions Strategy

- Certified coach from Stratégie de la réussite (success strategy) since 1998
- Certified high performance coach, (High Performance Institute), since 2015

One day workshop

- 1 workshop day (lunch included) 9h-17h (7 hours)
- 1 guide on how to use daily life as a training field.
- 1 online coaching meeting

Multiple applications : let's study together your needs.

« Customized »

Contact us for a customized program

- For conventions, lectures, or speaking appearances.
- A 2 days workshop tailored to your objectives.
- A complete training including workshops, self training, on line coaching or face to face coaching.

Date and location

Please contact us

Informations :
champions-strategy.com

Self management

To remain at your best even when pressure is rising

Our work, as well as every day life, is often like a competition to win which makes us live moments of stress, worries or laborious efforts.

This workshops aims at enabling you to face situations rather than sometimes submit to them, to gain well being and efficiency to produce higher results that last and furthermore without getting exhausted.

This workshop is to train you about stress management, and performance dynamics, which will make you aware that you often are your worse adversary but also your best ally !

Syllabus

Acquire skills in

- Self management which are universal and common to everyone whatever the age, the field and the culture.
- Know how to become autonomous in developing one's skills.

3 life skills

- Manage your energy
- Develop one's focus : your level of performance is the exact reflection of your focus level.

Day program

● Before the day

A survey to personalize the program to each individual needs.

● The 4 keys of performance

How do physical, mental and emotional interact together to produce performance.

● Manage one's energy

- Learn to recover to maintain full health capital.
- To handle situations with the appropriate rythm, without hesitation nor hurry.

● Physical intelligence

- Body is the first access to stress mastery and psycho-socio risk prevention.
- breathing : how to adapt it live to regulate disruptive emotions.

● Focusing

- Decrease what disturbs the full potential expression, what ever the pressure.
- The right mental attitude : to move from fear to self confidence by managing your inner dialogue (our little inner voice).

- Choose one's mental attitude to control one's thoughts and develop self confidence.

3 personal skills

- Know how to observe oneself to raise one's level of self awareness.
- Know how to learn from what one does.
- Know how to train to go from being aware to sustainable change.

● The 4R rule

- To come back to a state of focus after disruption.
- Control one's negative thoughts
- manage one's emotions
- face somebody's agressivity and environmental disruptions.

● know to observe oneself

- leave the automatic behaviors, which are known as being the most spread way to behave.
- learn to identify mental attitudes and behaviors which help you to succeed or contrarily which prevent you to do so or slow you down.

● Learn from what one lives

- know to learn from failures as well as successes and identify progress fields.

● Know to train oneself

- professional, personal, sport or artistic activities will be valorised to master new skills in the daily life.

● After the day

Coaching session by phone to follow the trainee in starting his training.

Teaching method

● Success Strategy®



Method created by Philippe Leclair, former cross running world champion and mental coach for

Olympic teams

This training method has trained

- About twenty French National teams for 20 years
- French, European, World and Olympic champions.
- And more than 20 000 managers and CEOs during the same time.

● In situation trainings

Theory is associated with lots of on the field situations involving body, mind and emotions.

With the possibility to repeat exercises, everyone learnt at one's pace and make progress effortless.



● Knowledge transfer toward daily company life.

Each exercise best practices are identified and adapted to the company daily life.

● The art of training

Since habits are deeply rooted, it's necessary to proceed on a structured way, to get new daily skills. Training deals with constant repetition of new attitudes and behaviors, in order to master them whatever the circumstances and level of pressure. It's not a question of taking added time in already busy days, but to insert this training in the most current activities. Meetings which are frequent and not often with added value, are a fantastic opportunity to repeat behavior and mental attitudes which promote collective efficiency.

● The sport metaphore

The sport metaphore is used as a tool to raise the awareness of mental impact on our daily well being.

For the athlete, the first adversary is not his competitor nor the environment but what's going on in one's mind : it's mental.

We are all similar to those athletes and our mental is adding to

- Our self confidence,
- Our reactivity potential
- Our ability to set up positive relationships.

Our mental builds up our ability to adapt to change, to manage pressure and to make progress while maintaining health capital.

Master one behavioral and relational skills is a key asset which enable us to express all our potential in any circumstances, without being disrupted by pressure.

« **CEOs with a high level of self control, constantly succeed to increase their ability to achieve ambitious goals.** »



Denis Thuillier : formateur et coach

I've always been passionate by teaching and passing down experience to others. After graduating with an MBA, I created a business school which I ran for 12 years.

I was blessed during all these years with the fantastic human adventure to get people aware that they are able of more than what they think. To make them doing progress in which nobody believed even themselves, until getting them to challenge the bests and give them the means to win.

I've known great successes, and a painful failure when I had to close the school. It kept me going during two years between idleness and depression.

Then I bounced back and I followed Philippe Leclair's Champions Program to become a high performance coach. I then widely promoted the skills which have in common those who experience outstanding success. Now I train others to practice mental attitudes and behaviors which I apply to myself, and which enabled me along my life to

achieve new challenges. I've developed companies before turning 25, and the challenges I took up during all those years allowed me to understand, living it by myself, that to think big, I first needed to always be more perspicacious with myself.



I've always been involved in hobbies which requires to surpassing oneself like running and lyric singing as a solist. I've devoted my professional life these past 30 years to give people means to go beyond their limits, achieve their ambitions while strengthening their self-balance.

- MBA Hartford : marketing and organizational behavior

The training return on investment

Each participant will have learnt to become autonomous in improving his skills by being able to :

- Incorporate training in one's daily life to produce observable and measurable behavior changes.
- Set progress training objectives by learning from daily life situations.
- Planifie and organize a daily training strategy.

A high performance training center

The success strategy training center, by Fontainebleau near Paris is a unique and précurseur place.

CEOs train there just like high level athletes, and learn :

- To strengthen their mentally controlling their thoughts,
- To manage their emotions and better focus.
- To use their body as a key in stressful situation.

Workshop can be organized elsewhere, but exercises will always adapt to the context with the same powerful teaching impact.