

Peak Performance Formula

Workshop

Performance

Engagement

Collaboration

Motivation

Top Challenges for Business Executives

#1 Attracting and Retaining The Right Talent

#2 Developing Resilient & Adaptable Workforce

#3 Balancing a Culture of Trust & Control

3 Psychological Needs that are Keys

To Building Performance, Engagement, Collaboration, and Motivation in the Workplace



Autonomy

Freedom & Choice



Mastery

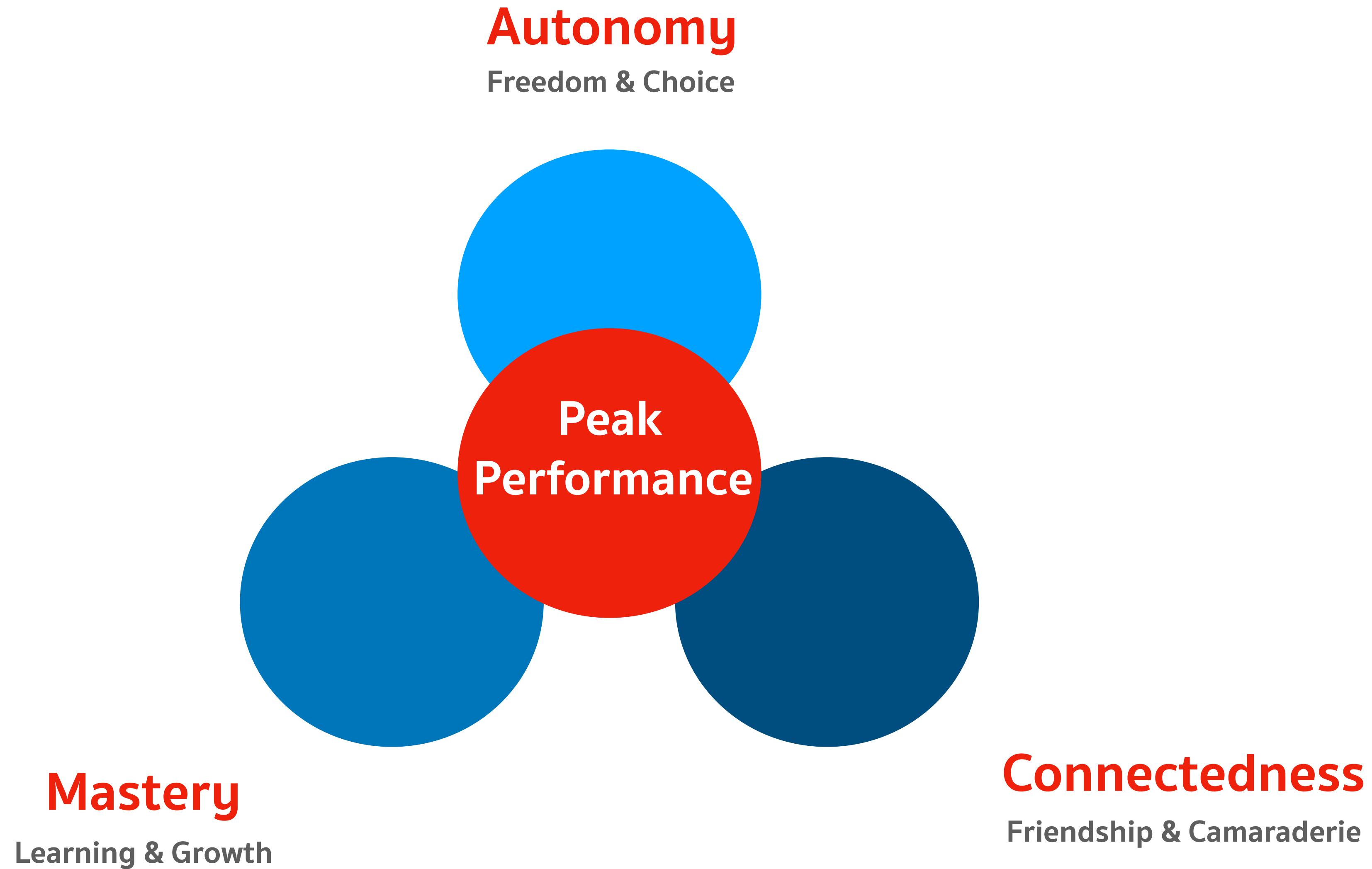
Learning & Growth



Connectedness

Friendship & Camaraderie

Peak Performance only occurs when all 3 needs are met



Workshop



Peak Performance Formula

9 Essential Skills All Leaders Need to Build

Performance

Engagement

Collaboration

Motivation

Proven by Science

In this Workshop, you will learn and practice 9 essential skills for leaders



Autonomy

1

Promote
Shared Leadership

2

Foster Excellence
without Supervision

3

Spark Ownership
with 1-3-1 Technique



Mastery

4

Optimize Challenge
for Team Members

5

Deliver
Growth-Centered
Feedback

6

Make Learning
a Habit



Connectedness

7

Deepen
Team Connection

8

Break Silos
with Shared Goals

9

Defuse Tension
in Tough Situation

The Results of Meeting Employees' Psychological Needs



**Greater
Work Satisfaction**



**Higher
Motivation**



**Less
Burnout**



Reduced Turnover



More Trust



Lower Stress



Greater Collaboration

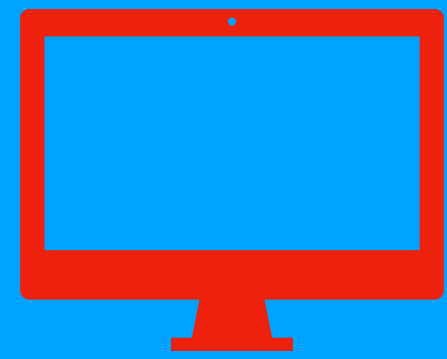


Fewer Sick Days



Higher Productivity

**Peak
Performance
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Workshop**



Agenda

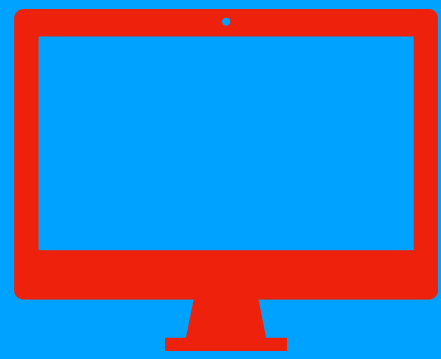
One-Day Session

08:30 - 08:45	Introduction
08:45- 09:00	Best Places & Worst Places to Work
09:00 - 09:15	Peak Performance Formula
09:15 - 10:00	Skill #7: Deepen Team Connection
10:00 - 10:15	Coffee Break
10:15 - 11:00	Skill #1: Promote Shared Leadership
11:00 - 12:00	Skill #4: Optimize Challenge for Team
12:00 - 13:00	Lunch Break
13:00 - 13:30	Skill #2: Foster Excellence without Supervision
13:30 - 14:00	Skill #8: Break Silos with Shared Goals
14:00 - 14:30	Skill #5: Deliver Growth-Centered Feedback
14:30 - 14:45	Coffee Break
14:45 - 15:15	Skill #3: Spark Ownership with 1-3-1 Technique
15:15 - 16:00	Skill #9: Defuse Tension in Difficult Situation
16:00 - 16:30	Your Implementation Plan

Peak Performance

Formula

Workshop



Speaker



About the Speaker

Vatin Chalermdamrichai, Ph.D.

“ Dr.Vatin has over 20 years of experience in the education & training industry including his capacity as a consultant for both local and international companies in the US and the Asia Pacific region. ”

Dr.Vatin holds a Bachelor's degree in Engineering from Chulalongkorn University, Thailand. He also holds a Master's degree and a Ph.D. in Engineering from University of Wisconsin, Madison.

Dr.Vatin has earned certifications from a number of leading institutes including

- **The Resilience Advantage™** HeartMath Institute, USA
- **Corporate Athlete** Johnson&Johnson Human Performance Institute, USA
- **Happiness Coach** Delivering Happiness, Spain & Happiitude, India
- **Building Business Acumen** Acumen Learning, USA

In addition, he is also a certified trainer in Personal Training, Strength & Conditioning, Nutrition Coaching, and Sport-Specific Training

ACE-CPT, CSCS, MBCFSC, Pn1, FMS, TPI

Leading Companies

that have worked with

Dr.Vatin

