

## Programmes

### **The athlete at work®**

This is for individual performers who are serious about being the best performer they can be at work, whatever the conditions. [Click here](#) for more details.

### **Eliteteam®**

This is for teams who are serious about setting new standards in team performance, whatever the conditions. [Click here](#) for more details.

### **The Performance Coach**

This is for people who are serious about helping others perform at the top end of their ability, whatever the conditions. [Click here](#) for more details.

In addition, where you need and want some bespoke or customised components of any of the above, we'll work with you to make sure they're just perfect for you.

### **Workouts**

Workouts are 90 – 120 minute high impact sessions that are a great way to introduce high performance principles and provide tools and techniques that people can start to use immediately and are also ideal for between 10 and 50 people. For details of workout topics [click here](#).

### **Sprints**

Short 45-minute sessions for up to 50 people, ideal for “breakfast sessions” or “lunch and learn” sessions. Impactful, energetic with key high performance messages, available for individuals to choose to attend based on their need, their curiosity and feedback and advice from their leader or coach. The topics for the Sprints will be the same as the Workouts ([click here](#)) but delivered with immediate impact and providing flexibility for people with less time available.

### **Masterclasses**

One-day masterclasses provide the opportunity for a focused and deeper dive into understanding and applying the principles of high performance and motivation to your role. They work well for up to 25 people, they're interactive, include individual and group exercises and discussion and have clear outcomes including individual (or team) performance plans. For details of all the masterclasses [click here](#).

## Coaching Surgery Days

High performance coaching surgery days provide anyone with a chance to bring high performance principles to life in a meaningful and relevant way for any individual with something coming up in the next 5 minutes, 5 days or 5 weeks.

The way these work is we have a K2 coach on site (or on the phone) and people can book a 60-90 minute 1:1 coaching session.

## Webinars

- » Webinars give everyone the maximum choice in terms of ways to access some of the key topics. They last 30–45 minutes and can:
- » Be sponsored and introduced by different key leaders in the business
- » Have direct and specific links with The Performance Room and the relevant content in there
- » Be followed up with prompts and ideas
- » Be recorded and made available for viewing at a later date by anyone who wants a refresher or who couldn't make the live session.

## Assessment and coaching tools

### High Performance Culture Audit

Business that are serious about fulfilling their potential seek and encourage excellence in everything they do. With that in mind, we've launched the K2 High Performance Culture Audit, which is a highly practical online tool that will help you understand what it's going to take for your organisation to build and maintain a high performance culture. [Click here](#) to see a sample report.

### Performance Intelligence®

PI is designed to be sensitive to the reality of your performance environment and the feedback received will be based on the current level of confidence that exists. The feedback received is very practical and will help identify the key things that need to be focused on now to help build confidence and Performance Intelligence to move you from where you are to where you'd like to be, as effectively as possible. You would be sent an online questionnaire to complete and we'd recommend just filling it in as you see the world right now and get maximum benefit from your honesty and current perspective. To see a sample report [click here](#).

## RP10

RP10 is a questionnaire and tool to:

- » Measure individual and team performance
- » Track changes in performance attitudes
- » Focus on areas for development

To see a sample report please [click here](#).

## Human performance resources

### The Performance Room

The Performance Room [www.theperformanceroom.co.uk](http://www.theperformanceroom.co.uk) is a resource library full of Tools, Guides, Thought Pieces and Videos that gives everyone who has access the ability to get everything they'll ever need to help drive human performance forward – for themselves, their team or their part of the organisation. It's backed up by some great information so that you can see who's doing what and the impact it's having. It also includes:

- » Access to the athlete at work® online - a great self-coaching tool built on performance fundamentals and with many of the features of a game that some team members at Arena have already experienced
- » Access to all of our key programmes – so you and your coaches can run athlete at work® or eliteteam® programmes without having to have us in the business and greatly reducing the cost of doing so - you'll also build up credits just by being a member of The Performance Room that means we can train members of your team to deliver these sessions without that training costing you a penny.

### Our books

Our first book Perform has had fantastic reviews. It's filled with everyday advice and simple suggestions that can be applied straight away. Perform is a book every leader, team member or individual performer should read. [Click here](#) to get your copy.

Inspired by the great Velominati we created 21 human performance rules and they've been so popular we've created a hardback book. Check out the rules [here](#) and to order the book [click here](#).