



Forging Flow for Peak **AAA®** Performance.  
The Essence of Escalating Elite Excellence.  
One Day Introductory Workshop.

**Are you in search of Your Optimal & Ultimate Performance?**



The **P**ositive **P**erformance **A**cademy is running a one day introductory Flow workshop focused on the skills of Forging Flow and the development YOUR Ideal Performance State (**IPS**) so you can compete with Peak **AAA**® Performance.

### Programme Objectives

- Discover the essence of escalating your elite performance by being in the zone.
- How to continuously *be better @ getting better*.
- Develop an understanding of how to optimise and energise engagement in what really makes the performance difference.
- Create positive and purposeful performance at the very edge of your challenge zone and sustain with Meaningful **AAA** Motivation®
- How to be in control and convert *I want-power to I will-power to My way-power*.
- Create a strong alignment between practice, precision, passion and purpose in order to develop true **M**ental **M**uscle **M**astery.
- Developing the mental toughness to have **M**ental **M**uscle **M**astery to perform in the storm and develop your Peak **AAA** Performance® mindset and skills.
- Understanding where the edge of your personal excellence lies.
- Understanding **AAA** Motivation® that's experienced by the *top flow hackers*.
- Develop **E**nergy **E**ngagement **M**anagement skills and **T**ime **P**erspective **I**ntelligence

### Takeaways

- The 10 personal skills required for performing in a FLOW or '**Ideal Performance State**' (**IPS**).
- Create an awareness of and hone the *Seven Triggers for entering the 'Ideal Performance State'(IPS)* of Deep Flow Engagement.
- Building a rich reservoir of resilience that allows rapid recovery that resets reengagement after adverse set-backs.
- **M**ental **M**uscle **M**astery for ongoing growth and sustaining solid success.
- Engagement with Meaningful **AAA** Motivation® that sustains comfort rather than discomfort at the edge of the challenge zone.
- Developing comfort with the challenges of Fear, Uncertainty & Doubt (**Reframing FUD**).

### Who Should Attend

- Committed people who want to excel in their chosen domain of purposeful pursuit and deeply desire to optimise and be elite in their field of sporting and/or business excellence.
- Individuals on the cusp of their careers looking to develop the mental skills for career success in what they deliberately choose to do to express excellence.
- Mentors/coaches/leaders that work with aspiring young professionals and want a deeper understanding of what really matters and makes the tangible difference in performance that harvests real potential.



The **P**ositive **P**erformance **A**cademy Forging Flow for Peak **AAA**® Performance Introductory Workshop will be delivered as an interactive and dynamic workshop, held over the course of 1 day in Carton House Hotel, located just outside Maynooth, Co. Kildare. The new home for Elite Training and Performance.

**Dates:** Monday 23<sup>rd</sup> May 9am-5pm  
Tuesday 24<sup>th</sup> May 9am-5pm

Extra dates may be added to accommodate demand, keep an eye on our website for follow up information [here](#).



### Your Investment

The investment for your place Forging Flow for Peak **AAA**® Performance, The Essence of Escalating Elite Excellence One Day Introductory Workshop is €495 inc VAT and 1 day of your time and attention.

**Student Rate:** We are, as always, delighted to have passionate and ambitious young people involved, to accommodate this we offer a student rate of €245 inc VAT

Bookings are to be made through [EventBrite](#), please follow the below link for a quick and easy reservation.

**Eventbrite**

For further information, contact the Positive Performance Academy.

**Email:** [denis@denishevey.ie](mailto:denis@denishevey.ie)

**Website:** [PositivePerformanceAcademy.com](http://PositivePerformanceAcademy.com)

**LinkedIn:** [Denis Hevey](#)

**Facebook:** [Positivity Ireland](#)

**Twitter:** [@DenisHevey](#)

**Early Bird Offer!**  
All places booked by the 10<sup>th</sup> of May will receive a discount of 30%!  
€370 inc VAT

### Our Trainer



#### Putting the 'Zing in Human Functionality'

[Denis Hevey](#) is the lead coach/consultant and founder/CEO of the Positive Performance Academy. He is a highly skilled positive performance consultant, coach and design facilitator who specialises in working with people and organisations who want to be the best at what they purposefully choose to do. Denis is an ICF Accredited Coach & holds a Masters in Applied Positive Psychology. In the past Denis has worked with a wide variety of committed performers and professional individuals delivering bespoke partnership based talent development solutions to fit their needs and potential realisation requirements.

**Denis is currently successfully working with Walker Cup duo Gary Hurley and Jack Hume.**