

Emotion & Peak Performance



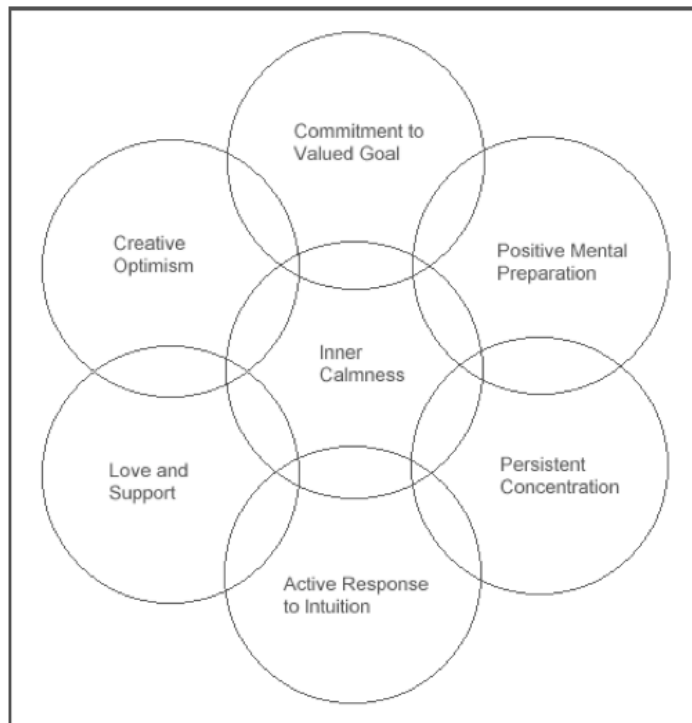
- An essential condition of peak performance, and the one most often mentioned by athletes, is **"a sense of inner calm."** The athletes also reported that along with their sense of energized calmness came physical relaxation and loose muscles
- Research shows that successful people learn to move emotionally from how they really feel to how they need to feel on demand, under pressure.
- This ability is commonly described as:
 - Being "in the flow"
 - Operating "in the zone"
 - Excellence
 - Personal Best
 - Mastery
 - Mental Toughness
 - Full Engagement



Peak Performance can be defined as the ability to consistently access empowering emotions on demand, under pressure.



Peak Performance Matrix



Peak Performance Matrix

The Peak Performance Matrix, is a conceptual model showing the **interrelationship** of seven key components that are critical elements in optimal performance. Each of the seven components overlaps with and feeds into all the other components. **It's from the compounded synergy of these elements that peak performance emerges.**