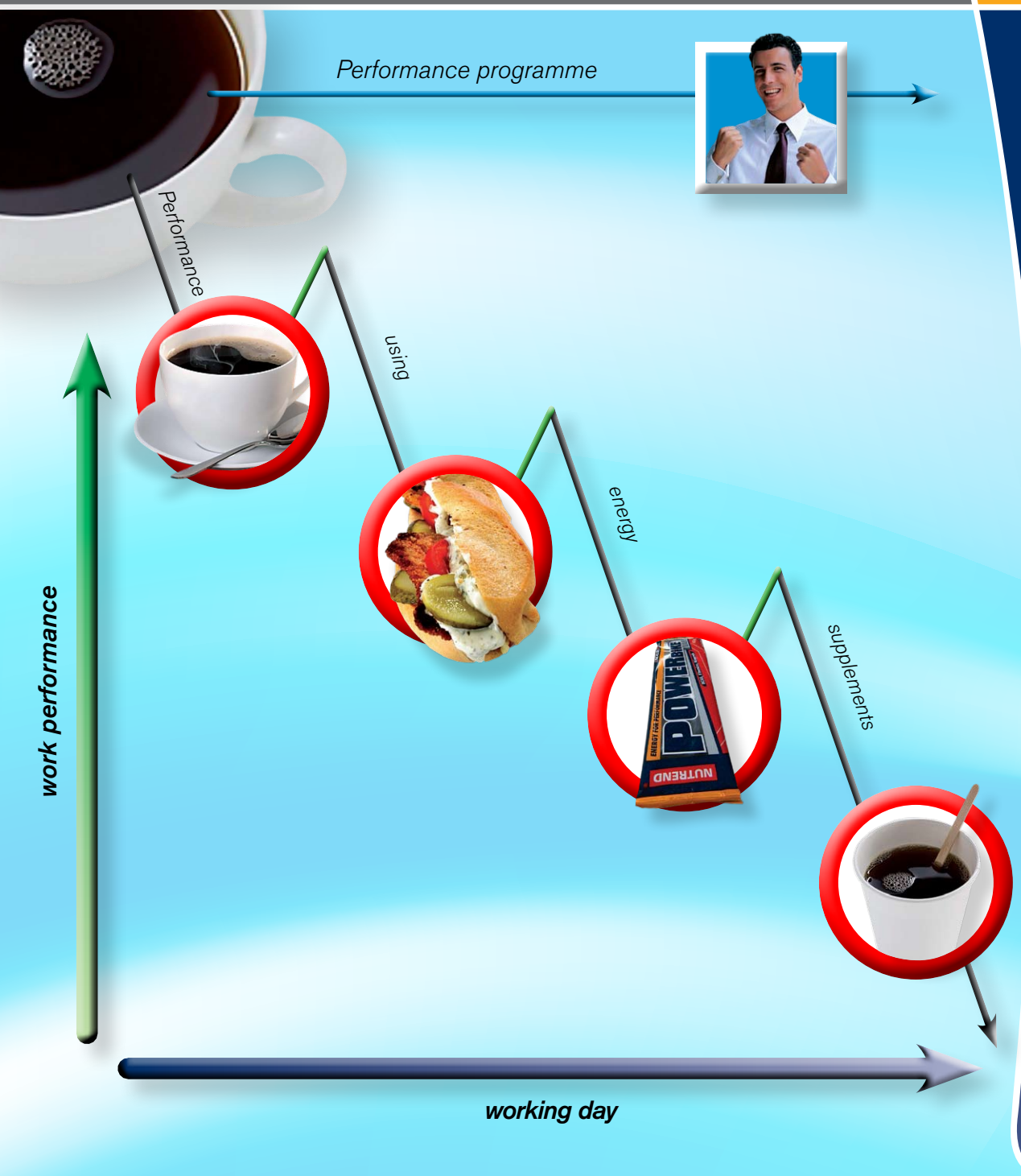


Company athlete ...

... solution for your sustained performance



Performance of top managers has the same characteristics like performance of top athletes.

Long preparation, short opportunity to perform everything, high expectations of others, fear from premature termination of a top career. Athletes use many principles of a sustained high performance. Managers do not.



Company athlete

Objective of the programme is:

- to maximize performance in a longer time-period
- to learn how to work with principles of our own body and prevent the burn out syndrome
- achieve better quality of life and harmonize success with satisfaction

Target group:

- Individuals with high growth potential
- Managers with broader impact on others
- Key employees

The training **Company athlete** compiles the most important principles and rules followed by top athletes. Their aim is to have a high performance, sustain such performance over time and not to endanger their own health and further development. There are many similarities between performance of a professional athlete and managers, and alike, there are many similarities between their work with energy and regimen. For decades, sport coaches have been developing principles, which are now transferred by this training to the environment of managers and top managers for the first time. The rules of energy division during the day, planning of meals and drinking regime, combination of performance and relaxation and other principles will be presented by trainers, whom following of these rules helped to achieve a very successful managerial and personal career.

The training is designed as an intensive course, which focuses in its part one on acceptance of change of your attitude to your regimen and work with energy. It emphasizes importance of care of yourself for an overall satisfaction with life and suppresses (relativizes) looking for the blame in others or in the character of your work. In its part two, individual principles are explained in detail.



Tomáš Pelíšek (1975)

After graduating in Marketing and Management (at the Silesian University) he started working for Procter & Gamble, where he first managed brands and then sales teams for the Central-European region and in 2005 he became the regional manager of the year. In the same year, he acceded to the position of a Country Manager for the Czech and Slovak Republic as the youngest person in Europe and during the last four years he achieved the best results in the history of the branch. All the time he tries to harmonize care of three children and all kinds of outdoor sports, whether it is a mountain bike, downhill skiing, cross-country skiing, jogging or water sports. A result of that is a numerous group of persons aged between 1 and 34 moving around the country.



David Fojtík (1973)

After graduating at the Law Faculty of the Charles University in Prague he worked for CzechInvest and Procter & Gamble, where he went through managerial positions in finances and marketing. In 2003, he cofounded and in present he manages a training company DEVELOR. Every day he goes to work by bike and in his free time you can most often see him wander somewhere in the mountains. Once in a while he needs to "recharge his batteries" and thus he sets out for really high mountains. In 2006, he managed to climb the Mount Everest without oxygen and this year he descended on skis, as the first in the world, another Himalayan peak with height over 8000 metres Dhaulagiri. He and his wife like to travel and thus each year they spend their entire holidays travelling.



DEVELOR
Performance of People