

# Peak Performers

## Transforming Fear into Profitable Action

### *Description*

Have you ever wondered what separates a peak performer from the average person? What makes one person more successful than another? What does an Olympic athlete have that makes him or her that much better than the competitors? Some may say the difference between Olympic athletes and average people is biological or hereditary. Others claim that people are products of their environment. Some may even say that it's all luck, or being in the right place at the right time. Rick's been studying peak performers for more than fifteen years and every peak performer he's studied has displayed clearly learnable patterns. Inspiring stories, anecdotes and analogies describing these learnable patterns are the hallmark of this talk. Rick balances content and humor to create a winning combination that turns listeners into winners.

### *In this session your team will learn:*

- How to create a clear picture of the desired outcome
- Define what the picture looks like, sounds like and feels like
- How to keep your mind in the here and now and focus on the actions you can take at this moment to move toward your goal
- How to focus on the process so you can see the results in the quality of your work
- How to focus on one small part of the process
- The importance of finding your center
- Exploring new ways to practice
- How to deal with distractions
- How to handle change
- How to handle stress
- How to emotionally plan for the worst case scenario so you are prepared and can then focus on the process at hand

### *Audiences*

This speech is designed to address all audiences and works especially well with large audiences in a general session format. For those audiences who have seen "Peak Performer's Attitude" they are sure to enjoy the application steps in the "Patterns of Peak Performance." The workshop gives the audience an opportunity to identify their personal goals and to focus on reaching those goals.

[www.barrera.com](http://www.barrera.com)

PO Box 1466 Rancho Santa Fe, CA 92067

(800) 835-4458