



## **PEAK PERFORMANCE** CORPORATE WORKSHOPS

# Conference Programs

## Could you add something extra to your conference?

Do you want your conference/seminar delegates to get extra value from their experience? Could you do with activities or extras to keep energy levels high, attention focused and your teams wrapped? Do you want to really add a wow factor to help wrap up a message that your delegates will remember?

**Break out sessions tailored to your needs to suit any conference situation. These can be start or end of a day, at a strategic point or to breakthrough that after-lunch energy lull.**

- Start seminar with a Yoga session or Tai Chi to focus your delegates.
- Energize them with a Bootcamp Break out.
- Bring out and stimulate the passion with a boxing break.
- Zone/chi exercises to stimulate creative thinking
- Pilates breakout, great to deal with afternoon slouching

**Workshops – innovative and effective, fun and active. Activities to enhance your team's cohesion and participative culture. These workshops are structured around your goals, company values and organisational strategies and can range from 30 mins to 2 1/2 hours**

- Team challenges indoor and outdoor
- Communication skills
- EDI Process (the art of debrief)
- Individual and Team Leadership

## Half Day Events

Urban Team Challenge – send your teams on a chase around the city, picking up clues and utilizing limited resources. Great for camaraderie, team building, fun and exploring resourcefulness

High Wire Challenge – High and low Ropes Course, team focus, communication, trust and leadership

## Full Day Conference Program – and now for something completely different!

Operation Echo – team building exercise, military assault course, learn team building, fast and effective communication and debriefing skills.

## Why the Joe Bonington Team?

Because of our pledge to provide the most proficient service possible. To get you the best results delivered in a way that is fun and informative. We only use the best and most qualified health and fitness professionals and group facilitators. For catered programs our caterers are second to none, we are a health orientated company we want you energized with great fresh food.

## What do others say?

“Joe Bonington’s team at Peak Performance are the consummate professionals. They organised a great team building day complete with a full military assault course and facilitated communication exercises. In dealing with the Joe Bonington team we have found them to be very creative and full of ideas, accommodating with all client requests, extremely efficient and helpful, incredibly knowledgeable in facilitating learning outcomes and a great deal of fun! The event would not have been such a success without them and we look forward to working with them again very soon.” - **Sarah Vella Sales & Marketing Sporting Spectrum**

“I would like to express my gratitude and sincere thanks for the wonderful time you and your staff provided. Everyone involved from Peak Performance were friendly, courteous and above all very helpful and the service we received on the day was exemplary. If anyone is considering doing any team building exercises in the future of this calibre I will strongly recommend them to your organization. I would have no hesitation at all in using your company again.” - **Stephen Henry Senior Account Executive Ad+inc**

## AND THE NEXT STEP...

**Every clients needs are different. Call us now on 02 9400 2561 so we can discuss the best options for your company.**