



Going The Distance

Work at your full potential

Maximising individual performance and wellbeing through greater self-awareness and informed personal choices.

Sometimes you can fly through a day and be unstoppable, everything you do goes amazingly well. Yet on other days you can't do anything right. It's easy to look at the circumstances, other people, or just pure luck. But if you take a closer look, it's often the personal choices you have made, the actions you have taken and the mindset you have brought that have the greatest impact.

Impact's Going the Distance workshop will help you better understand yourself and how your daily choices significantly affect your health and wellbeing – giving you the best possible chance of achieving your potential in all parts of your life,



IMPACT

Enhancing wellbeing and performance



Mind



Body



Spirit

In order to perform whilst managing day to day pressures and retaining energy for our personal lives, we need to take care of our physical, psychological and philosophical wellbeing. In short, taking care of your Mind, your Body and your Spirit has an important effect on your performance in both the short and long term. Going the Distance is based on the latest research and explores these key areas:

- The daily challenges you face and the resilience you bring to deal with pressure
- The importance of nutrition, movement and sleep and strategies for embedding effective habits
- The power of purpose driven goals and how to achieve them effectively

"The workshop had a true impact in the formation of our global Sales and Marketing team. The clarity of concepts and tools being used were remarkably simple and effective. I recommend you to try it yourself!"

Dennis Van Schie, Head of Global Sales, Sony Mobile

Contact us



Email us to explore how we can help you



©Going the Distance has been co-created by Impact International, Roy White of Sony Mobile and Olympic sports psychologist Duncan Richards