



**Ignite.
Transform.
Empower.**

Executive Leadership Seminars

The *Palmer Principle* for Leadership

SportExcel delivers engaging high performance leadership seminars for all leadership levels. We offer half-day and full-day, in-person seminars at your location. Participants learn the *Palmer Principle*, a powerful sports metaphor of the Zone formulated on our international and Olympic successes. Namely: *When you stay in the Zone, your staff, employees and team will.*

Purpose

To learn a leadership system that forms a powerful foundation for achieving corporate profitability and sustainability.

Outcomes

In a hands-on, experiential atmosphere, participants learn the *Palmer Principle* to:

- Become the expert in leadership
- Properly process goals for all areas of your work and life
- Embrace difficult situations as important guidance or feedback
- Develop a tool kit for dealing with difficult situations and for getting back in the Zone when you lose it
- Develop your leadership system into a default mechanism that works for you in all areas of your work and life

Seminar Content – Strategies you will learn

The *Palmer Principle* training is fun, strategic and empowering:

- Start in the Zone every day and stay there
- Go for your outcomes in important meetings with no nervousness
- Understand and utilize all feedback from mistakes and issues
- Block out bothersome distractions
- Quickly resolve intimidation
- Apply leadership principles to all manner of personalities
- Gain new skills quickly
- Forget negative experiences (mistakes, etc.) quickly
- Understand how to manage your energy
- (Advanced seminar) Manage complexity easily
- (Advanced seminar) Learn top communication strategies
- (Advanced seminar) Set up outcomes to happen spontaneously
- (Advanced seminar) Ensure balance in all areas of your life

What Leaders are saying about Bob Palmer

"I'd finally found exactly what I was looking for - a simple, effective and easy to use system for enhancing performance and productivity, delivered with passion and expertise. I highly recommend you check out Bob's approach to high performance because I know it works."

— **Peter, Baeklund, Founder and Head Coach, Peter Baeklund Resource Leadership, Denmark**



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Dynamic Group Leadership Seminars for Your Team at your location

- **Half-day or full-day of training**
- **Hourly training:** Ask about our online Skype training program
- **Programs:** Foundation, advanced and issue-centred
- **Maximum size of group:** 15 participants
- **Travel expenses:** Included (within a 50 km radius from Barrie)
- **Full colour training manual** for each participant
- **Field guide to high performance leadership:** Complimentary paperback copy of Bob's book, *A Mind to Win*, for each participant to back up the training (value - \$ 24.99 per book)

What Leaders are saying about Bob Palmer

"I have been involved with several of Bob Palmer's workshops. His warm disarming style puts everyone at ease while also keeping them on the edge of their seat with interest and anticipation.

— **Don Kwasnycia, Real Estate Professional and Former Olympian, Toronto**

Your Leadership Trainer – Bob Palmer



Your leadership trainer is Bob Palmer, B.E.S., B.Ed., CEO of SportExcel. Bob cut his teeth on getting Olympians and executive athletes to the podium. Corporate leadership was a natural fit and Bob now travels throughout North America training corporate leaders, coaches and athletes in his very successful leadership system, *The Palmer Principle*, that has helped many to achieve success in business, sport and life. He also works with many CEOs worldwide via Skype and is the author of *"A Mind to Win"*.

**Contact us to receive a customized quote
based on your organization's training
requirements**

Barrie | Ontario
Toll-free: 877.967.5747 | Local: 705.720.2291
Email: bpalmer@sportexcel.ca | Skype: sportexcel
www.sportexcel.ca