

# Peak Performance

## **DREAM BIG- The Growth Mindset in Action**

Many people live bifurcated lives: We focus on our own achievement and leadership skills at work and teach the next generation of leaders at home. And, while we are helping our children find their next step in life, we are contending with our own. In this highly interactive workshop, Kirsten will guide you through exercises to take the pressure off the “destination” and open the on-ramp to dream. She guides you on how to turn off the negative noise in your head and turn up the volume of possibility.

## **LEADERSHIP**

What does it take to become the best leader you can be? How do you define your leadership and/or coaching style? Kirsten helps athletes and coaches identify their style, hone their preferences in how they liked to be coached and give feedback and tools for better communication so they can become more effective leaders.

## **PEAK PERFORMANCE FOR TEAMS and COACHES**

Highly successful teams and organizations thrive when they have a clear mission, vision, values and defined goals. Kirsten works with teams and coaches to help them chart the path, identify the possible pitfalls and learn how to help one another become more accountable to the team and purpose.



Kirsten, a Hall of Fame DI volleyball player from The College of William and Mary in Virginia and fourteen-year NIKE executive, is now a motivational speaker, writer and Peak Performance Coach. Her clients include teen athletes (and their parents), where she helps them learn how to reach their goals and release their limitations. She co-hosts the #RaisingAthletes Podcast with Susie Walton on iTunes and is working on her first parenting book about raising empowered athletes. Kirsten and her husband are raising three athletes themselves (ages 21, 19, & 16) in Los Angeles. Kirsten also coaches club volleyball and enjoys hiking in the Santa Monica mountains with her white lab puppy, Poppy. Please sign up receive updates & hear the podcast at [kirstenjonesinc.com](http://kirstenjonesinc.com), @kirstenjonesinc (Facebook and Twitter), or @kirstenjonescoach (Instagram and LinkedIn).

*Kirsten Jones*

PEAK PERFORMANCE