

## WIN With the Habits of Ultra-High Performers

Thursday 5:00. 6:00pm

Chantal Brodrick

Set up your life and business for a win this year with this insider's look at the habits of ultra-high performers. Chantal, host of *The Fitness Business Podcast*, will draw from more than 2,500 hours of interviews with fitness industry leaders to share with you the top insights about personal development rituals, developing winning cultures, using productivity tools, tips for avoiding overwhelm, and the role of positive psychology in your personal and professional life. This session will be full of entertaining ideas and business gems.

In the session Chantal will share 3 key strategies and 12 actionable takeaways

### Strategy 1: People & Systems

- Systems for Productivity
- Setting Up for Success
- Business Systems and Manuals
- Critical questions every leader should ask
- Apps for efficiency

### Strategy 2: Professional Development

- Lunch & Learn
- Project Learn
- Bite Size Education

### Strategy 3: Health & Mindfulness

- Morning Rituals
- Meditation and Mindfulness
- The Sleep Connection
- Anything is possible

Connect with Chantal

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