



TOOLS FOR THE CORPORATE ATHLETE

Blueprint for Thriving Leadership

Covering the Four Quadrants
of Life and Business Performance



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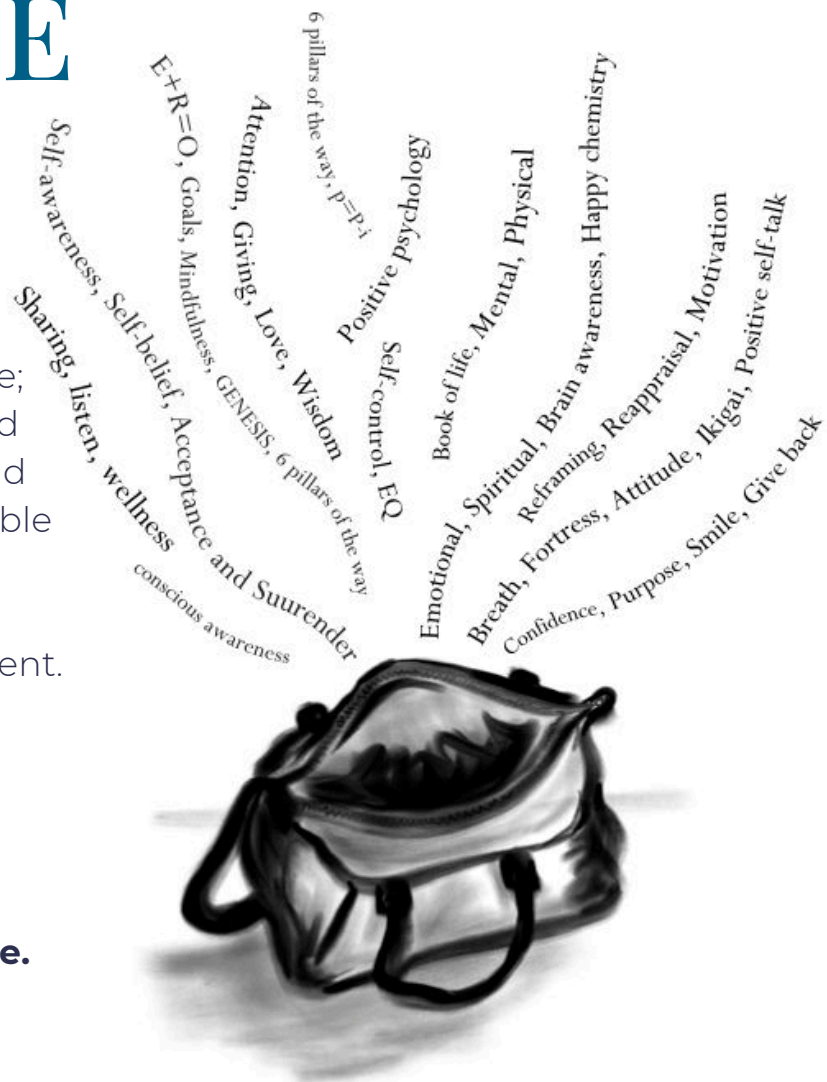
You're at the top of your game, but whats the cost?

Endless meetings back-to-back, sleepless nights, and mounting pressure. While your career soars, your personal life and wellbeing are under siege. Success shouldn't come at the expense of your health, happiness, or the relationships that matter most.

TOOLS FOR THE CORPORATE ATHLETE

More than just a training programme; it's a transformative journey designed for high-performing professionals and leaders who want to unlock sustainable success. Blending neuroscience, positive psychology, emotional intelligence, and personal development. This groundbreaking 9-module programme equips you with tools to thrive, professionally and personally.

**It's time to redefine how you
perform, not just at work, but in life.**



*"The only person you are destined to become
is the person you decide to be"* – Ralph Waldo Emerson

Physical: The Physiology of Life

Your body is your vessel for success, and high performance requires energy, vitality, and balance.

The Physiology of Leadership:

Understanding the link between your body and performance, sleep, nutrition, and stress management is essential.

Energy Optimisation: A strong, healthy body enables you to sustain energy levels for both work and life.

Actionable Fitness: Staying active isn't about hitting the gym; it's about finding balance and habits that keep you physically primed for leadership and performance.

Key Outcome: A vibrant, energetic physical foundation that supports long-term success.

Emotional: Intelligence & Self-Awareness

Success in leadership (and life) hinges on emotional mastery and the ability to connect with yourself and others.

Emotional Intelligence (EQ):

Understanding and managing your emotions creates better relationships and inspires those around you.

Self-Awareness: Knowing your triggers, strengths, and areas for growth is the key to handling stress and conflict effectively.

Connection to Others: Building empathy and trust in your team unlocks their loyalty, performance, and creativity.

Key Outcome: A leader with emotional depth, self-awareness, and the ability to inspire authentic connections.

Mental: The Power of Mind (Attitude)

Your mindset is your greatest asset. The way you think shapes the way you lead, live, and succeed.

Attitude is Everything:

A positive, growth-oriented attitude fuels resilience and unlocks your potential.

Focus and Clarity: Training your mind to focus amidst chaos helps you make better decisions under pressure.

Brain as a Tool: Mastering brain science (e.g., reframing and cognitive control) ensures you're mentally equipped to face any challenge.

Key Outcome: A sharp, focused, and adaptable mind prepared for peak performance.

Spiritual: Building Self-Worth

The spiritual quadrant isn't just about faith—it's about purpose, belief, and self-worth that anchors your success.

Self-Belief: Trusting your abilities and instincts creates unshakable confidence in your decisions.

Personal Growth: A commitment to self-development ensures you're always evolving and leading with purpose.

Inner Peace: Aligning with your values and purpose allows you to thrive in the face of challenges without losing yourself.

Key Outcome: A deeply rooted sense of purpose, self-worth, and alignment that guides you through uncertainty and fuels sustainable leadership.

The Interconnection

Each quadrant feeds into the others:

A sharp mind (Mental) drives strong decisions that honour your purpose (Spiritual).

Physical health sustains the emotional stability needed to lead effectively.

Emotional intelligence strengthens relationships and inspires purpose-driven action.



What You'll Gain

Master Your Mindset:

Understand the drivers behind human behaviour and develop resilience to take on any challenge.

Elevate Leadership Impact:

Inspire, empower, and lead with strategies rooted in cutting-edge neuroscience and emotional intelligence.

Achieve Work-Life Harmony:

Build clarity and control so your career thrives alongside your wellbeing, relationships, and passions.

Practical Tools for Peak Performance:

Master strategies like brain training, reframing, mindfulness, and conflict journaling to excel every day.

Purpose-Driven Living:

Align your passion and purpose to lead with authenticity and vision.

This is your opportunity to lead and live like never before.

Great leaders don't just perform, they thrive.

Following martial arts precepts will help get you there.

WHITE BELT

Attitude Is Everything

Learn the mindset foundations for peak performance and uncover the science behind a winning attitude.

- Develop a growth-oriented mindset
- Add attitude to ability for unstoppable results
- Uncover The Six Pillars of High Performance

ORANGE BELT

Building Confidence and Core Strength

Discover how to build both personal and team resilience, using journaling and your inner and outer "Fortress" to stay strong in every situation.

- Build your Inner Fortress for unshakable confidence
- Establish strong self-belief and resilience
- Strengthen your team with the Fortress philosophy

RED BELT

The True Art of Goal Setting

Learn the art and science behind setting, refining, and achieving goals that align with your values and organisational objectives.

- Define, refine, and shine with GENESIS goal-setting tools
- Leverage Kaizen principles for continuous improvement
- Align personal and team goals to organisational success

YELLOW BELT

Control and Conquer: The Drivers Behind Human Behaviour

Master your physiology, understand the neuroscience of leadership, and learn tools for self-management.

- Game changing leadership with the SCARF model by David Rock
- Discover tools for leadership mastery and emotional control
- Gain insights into the science of behaviour

GREEN BELT

A Mind Less Full: Taking Self-Awareness to New Levels

Uncover the power of emotional intelligence, mindfulness, and meditation to unlock self-awareness and growth.

- Build your emotional intelligence superpower
- Learn how self-reflection leads to growth
- Understand and apply meditation techniques

PURPLE BELT

Gateway to Mind and Body Mastery

Develop strategies to optimise your mental health and avoid burnout, balancing high performance with wellbeing.

- Explore the brain at work and how to harness it
- Discover the Seven Ingredients to Optimum Mental Health
- Avoid burnout and achieve balance

BROWN BELT

Passion and Purpose

Use passion mapping, Ikigai, and self-reflection to align your strengths and purpose for greater clarity and fulfillment.

- Discover your personal and professional Ikigai
- Map your passions to uncover purpose
- Conduct a SWOT analysis to define your strengths and opportunities

BLACK BELT

“When the student is ready the teacher appears”.

Bring your learning full circle and create a meaningful impact on those around you.

- Reflect on your journey and share your learning
- Create a legacy of leadership and influence

THE ULTIMATE OUTCOME

This program isn't about overwhelming you with more to do. It's about empowering you with tools to master your mindset, lead with clarity, and thrive in every area of your life.

Participants will receive a Black Belt Corporate Athlete accreditation upon successfully completing this course.

Your peak performance is within reach.

Let's help you achieve it, without sacrificing what matters most.



CONTACT

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“Never stop learning, because life never stops teaching.”