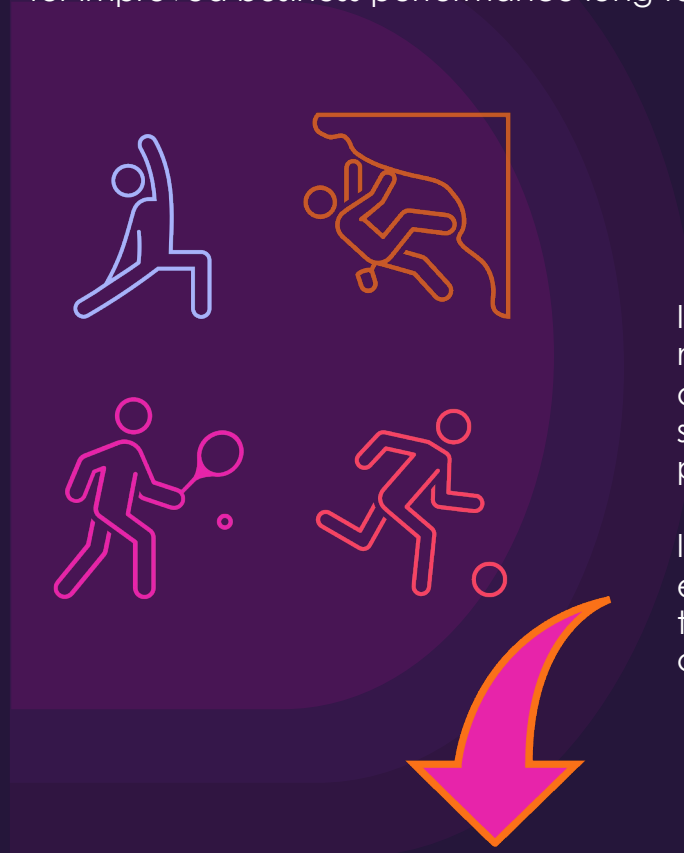**Team Pursuit Lab**

ROADSTARZ®

The #1 way to optimise people performance in business

Businesses need to sustain high people performance in the face of ever-increasing pressure and rapid change.

Current solutions present intuitive ideas but lack the lasting and ongoing impact on behaviour that is critical for improved business performance long term.

In **elite sport**, people performance is mission critical to success. High achieving teams are relentless in supporting their core asset – their people.

It is in the most supportive environments that individuals and teams develop resilience and a culture of high performance.

Team Pursuit Lab provides the ultimate route to sustained high performance in business by applying the principles and practice of elite sports coaching strategy, designed specifically around your business needs.

Let the game guide the preparation

Individual performance is shaped by the synergy of four interconnected components: technical, tactical, psychological, and physical. These are collectively termed as the 'Performance Quadrant'.

In elite sports coaching, the principles of the Performance Quadrant are utilised to craft a detailed performance profile. This profile serves as a foundation for strategies focused on continuous advancement. Fergus Connolly, the previous Director of Elite Performance for the San Francisco 49ers and the Welsh Rugby Union, characterises this method as "letting the game inform the preparation." Similarly, in the corporate realm, we employ the Performance Quadrant approach to guide and boost both individual and team performance levels.

Team Pursuit Lab and the Performance Quadrant

Technical Identifying the skills and abilities that people need to accomplish their goals, such as problem-solving, adapting to changing environments and effective communication.

Tactical Centred around strategy, optimal 'game day' performance requires specific conditions for success. The tactical coactive frames problems as choices and focuses the performer on what to do next.

Psychological From managing stress and anxiety to being in a 'flow state', the psychological coactive determines our ability to make sense of information around us and to choose how to respond.

Physical "Fitness" denotes our capability to adapt to and meet the challenges posed by our environment. Within the business landscape, this encompasses our capacity to sustain optimal energy levels, the influence of health and lifestyle on work efficiency, and employing heart rate variability as a tool to evaluate the repercussions of physical and mental stress on both recovery and output.

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Team Pursuit **Lab** *Winning Behaviours Training*

Phase 1 **Needs Analysis**
Once engaged, we will conduct a performance needs analysis to identify key areas for people performance development, goals and objectives, strengths and weaknesses, opportunities and threats.

Phase 2A **Team Pursuit Lab morning session**
- Applying elite sports coaching strategies to optimise performance in the corporate landscape.
- Introducing the Performance Quadrant - what that means for your development and performance
- Performance Profiling - why it is crucial to developing resilience and high performance in sport and business
- How to create your own Performance Profile
- Activity - Producing your own performance profile using the Performance Quadrant

Phase 2B **Team Pursuit Lab afternoon session**
Intervention strategies covering each of the Four Coactives:
- **Technical – Winning Strategy:** developing resilience and task cohesion
- **Tactical – Play to win:** achievement strategies for goal setting
- **Psychological – Psyched up, not psyched out:** developing self-awareness to maximise performance
- **Physical – Physiology of stress:** Optimising lifestyle, performance and recovery with heart rate variability physiological analytics.

Phase 3 **Feedback**
Post-workshop feedback to participants to direct new behaviours towards embedding a culture of resilience, commitment, ownership, responsibility and personal excellence.