

PEAK APPROACH

An innovative, exciting program for those that *dare* to be excellent!

Research demonstrates that elite/expert performers in sports, the performing arts, academics, business, and other disciplines achieve their superior level of excellence as a result of their unique, highly effective **approach** to life. Peak Approach introduces and familiarizes people ages 11-18 with the secrets to success employed by elite performers and achievers.

Peak Approach participants pursue outstanding achievement in sports, music, school, etc., or whatever they choose. Utilizing the special **Peak Approach** manual, the “**habits of excellence**” are learned via a 13-session, small group experience that actively teaches and encourages participants to build these habits into their own lives.

Topics Explored:

- Action Planning (Goal-setting).
- Passion and Resonance
- Followership and Leadership
- Kaizen
- Deliberate Practice
- Life Balance
- Mastery
- Mental Toughness

Additional Program Components

Exclusive, live interviews and field trips designed to allow participants to interact with and observe a variety of elite performers.

Other creative experiential activities included.

For cost and other program information contact **Dr. David Udelf**

Phone: 216-292-7170, x2

Email: david.udelf@prodigy.net.

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Program Interest Registration

My child is interested in the **Peak Approach** program. Please keep us informed of program information, start times, cost, etc.

Child's Name _____

Date of Birth _____

Parent Names _____

Child's Current Grade Level _____

Child Address _____

Child's School _____

Home Phone _____

Email _____ Work Phone _____ Cell Phone _____

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