



OLYMPIC PERFORMANCE WITHIN THE ORGANIZATION : MISSION POSSIBLE

Developing 9 Olympian Reflexes to Increase and Maintain High Performance at Work

TINA POITRAS

Double Olympian, entrepreneur, coach and engaged speaker.

Inspired by an Olympic training model, Tina Poitras demystifies 9 key reflexes developed by elite athletes to outperform. In her conferences, Tina reveals her secrets to maintain a deliberate practice despite surrounding pressure. She demonstrates how this daily process can be applied within the organisation to enhance team performance. Conference participants discover innovative and energizing techniques to trigger their "internal technology" and build up their enthusiasm and motivation.

WHO CAN BENEFIT FROM TINA'S CONFERENCES?

- Executives and managers
- Sales and work teams
- Business groups and associations

WHAT'S THE R.O.I.?

- Favourable results
- Motivation for professional and personal achievement
- Enhanced personal harmony
- Greater accountability

3 "PERFORMANCE" CONFERENCES

1

PERFORMANCE AND CONSISTENCY : MASTER 9 OLYMPIAN REFLEXES

DURATION OF THE CONFERENCE :
90 MINUTES

Develop attitudes and behaviours to reprogram your brain to increase your work performance. Master 9 Olympian reflexes in 30 days through "deliberate practice".

2

PERFORMANCE, EASE AND MINDFULNESS : HARNESS YOUR ENERGETIC POWER

DURATION OF THE CONFERENCE :
90 MINUTES

Animate the confidence to stretch into the discomfort zone. Stimulate your motivation. Navigate stress without distress. Activate your inner technology to outperform.

3

PERFORMANCE, COMMUNICATION AND SALES : DEVELOP 7 MUSCLES OF THE ELITE SALESPERSON

3 WORKSHOP FORMATS :
½ DAY , 1 DAY , 3 DAYS

Inspire confidence, credibility and openness. Articulate a valuable offer to attract the attention of key decision makers. Formulate a proposal to close more sales faster.

TINA PERSONALIZES THE THEMES OF HER LECTURES ACCORDING TO THE CHALLENGES AND THE OBJECTIVES OF THE ORGANIZATION. CONFERENCES DELIVERED IN ENGLISH, FRENCH, OR SPANISH.

TINA POITRAS IN NUMBERS

- 1 500+ managers and professionals trained in 5 years
- 1st company acquired by Bill Gates
- 20+ years of experience to create/manage high-performing sales teams
- Double Olympian: 10KM racewalk in Barcelona (1992) and Atlanta (1996)
- 6X Canadian Champion
- 30,000 hours of training in 24 years
- 43,000+ kilometers traveled, 144 pairs of running shoes
- 3 languages: French, English, Spanish
- [More on Tina Poitras](#)

"Excellence is not just for the elite. All too often, talent is overvalued to the detriment of method. High performance results from a process accessible to anyone who wishes to reach the summit of their capabilities."

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A FEW SATISFIED CLIENTS

- Bombardier
- RBC Royal Bank
- CGI
- Deloitte
- Sherbrooke U. / Exec. MBA
- UQAM U. / Senior exec. Team
- Desjardins
- ESDC Canada
- Royal Canadian Mounted Police
- Girardin Blue Bird
- Corporate Travellers Group
- National Bank

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