



Background

The nickname “*Flandrien*” was first used to describe the tough Flemish track cyclists who competed at six-day races in the early decades of the twentieth century and who were known for their passion, hard work ethic, grit, and fortitude. Today the term *Flandrien* is not about nationality – or just about cycling – but embodies a universal mentality of creativity, determination & perseverance. The mission of the Flandrien Performance Institute is to help people to thrive across the professional and personal domains of their lives.



PEAK

PERFORMANCE SEMINAR

Contact

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DATES

30 June 2022
22 September 2022
20 October 2022



Facilitators

Jamie Anderson is Professor of Leadership & Strategy at Antwerp Management School, and Visiting Professor at INSEAD. Jamie has been named as a “management guru” in the Financial Times, and has also been included on a list of the world’s “top 25 management thinkers” by the journal *Business Strategy Review*. A competitive Masters cyclist, Jamie is currently European Champion in the Time Trial discipline.

Bernard Moerman is Associate Lecturer in Leadership at Antwerp Management School, an executive coach, two-time TED Speaker and consultant in the field of Organizational Change and Lifelong Learning. Prior to shifting his focus to the corporate sector, he spent more than two decades as a talent manager, coach, mentor and Team Director in the world of elite-level cycling.

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“Jamie and Bernard are accomplished mentors who have supported scores of individuals to achieve great things in work and life. I highly recommend this program for people who want to become the best that they can be.”

Michael Rogers, Three Time World Champion & Head of Road & Innovation UCI

About

In this one-day seminar you will gain tools and insights to help you to perform at your best as a leader, manager or entrepreneur – while at the same time gaining better balance in your life.

The intensive workshop is designed to give you a more positive sense of direction in all areas of your life including leadership, career success, creative thinking, and relationship skills. It will help you to focus on the things that matter and to be happier and more content.

Who’s it For?

- You are a leader, manager, entrepreneur or functional expert with at least ten years of career experience
- You are working in a demanding work environment that pushes you to bring fresh thinking to complex problems
- You are at a phase in your life where you need to make conscious decision about what comes next
- You sometimes find it difficult to juggle the competing priorities of your work, relationships and your personal passions and hobbies
- You are striving to better understand and connect with your values, talents, and purpose
- You care deeply about your health and wellbeing



PEAK

PASSION
EFFORT
ALTRUISM
KNOWLEDGE

Fees

The program fee is 675 euro per person*

*Fee is exclusive of accommodation expenses & VAT where applicable

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“The PEAK Performance seminar inspires you to have self-belief and to pursue your talents and your passions. It helps you to understand the wider meaning of success, and what it means to live with purpose.”

Tom Cools, Founder of Cois Cycling Legacy, Belgium

Outcomes

- Gain better clarity about your personal and professional goals
- Understand the factors leading to peak performance in career and life
- Avoid distraction to direct your attention to focus on the things that matter
- Develop your creative mindset and self-confidence
- Better understand the psychology and neuroscience behind sustained high performance
- Maintain resilience and impact by fostering your mental and physical health
- Create an action plan to achieve better balance
- Connect with inspiring and entrepreneurial people

Learning Methods

- Pre-program webinar
- One-day face-to-face seminar
- Interactive lectures and plenary discussions
- Small group work and individual reflection
- Evening networking event (optional over-night stay)

Location

The seminar is held at the Flandrien Performance Institute at the Flandrien Hotel. Located in the heart of the Flemish Ardennes, the Flandrien Hotel is an inspiring location with beautiful rooms, seminar facilities, art gallery, spacious grounds and fitness centre. Participants can extend their stay for optional cycling or hiking in the region.