



# Welcome

## CLIENT LIFECYCLE AND RESOURCES

How The Summit Path can support you





# Pressure

## MANAGING INTERNAL CONVERSATIONS

Overcome psychological and emotional obstacles.

# Practice

## MAKING BEHAVIOURAL CHANGE

Establish a robust dynamic resilience practice and make positive performance and well-being choices.

# People

## DEVELOPING RELATIONSHIPS

Proactive evidence-based support with flexible and accessible delivery.





# MINDSET PROGRAMMES

What resources are available to you?

## 121 Sessions

### BESPOKE TRANSDISCIPLINARY SUPPORT

A premium service available anywhere in the world. Benefit from our unique support structure offering a diverse range of mindset services and exclusive network of practitioners delivering you the service you require at the time you need it. Work with an exclusive transdisciplinary provider with the capacity to deal with a full spectrum of psychological and emotional issues from executing under pressure and realising an individual's full potential to cases of complex stress management and trauma.

## Expertise

### PRIORITY ADVICE LINE

Our Priority Advice Line is a dedicated channel of communication connecting individuals registered on an Assistance Programme with their programme director. Once registered, your programme director is available to offer additional advice and guidance alongside your formal programme of group or individual sessions. If you have any questions or an emerging situation you wish to seek guidance on, no matter how big or small, please feel free to get in touch and arrange a Private Advice session.

## Seminars

### BLINDSPOT MINDSET SERIES

An exclusive online seminar series which aims to communicate the latest theory and learning on individual and team resilience. During the session we will explore a number of common misconceptions and barriers which often hinder people's psychological and emotional development; in a style which integrates lessons from latest research with an experiential practice designed to have maximum application in an applied setting.

## Insight

### PRESSURE POINTS ANALYSIS DATA REVIEW

Gain insight from your programme director on the pressures you are currently facing and reveal the intricate details on how your situation can be addressed by our bespoke programmes of support. Once registered you can use the Priority Advice Line to contact your programme director to find out more and arrange a Private Advice session to review your data.

## Data

### T-CUP DATA TRACKING AND WELL-BEING ANALYSIS

As a member of The Summit Path community you gain exclusive access to T-Cup; an online technology-based assessment tool providing personalised well-being support. We encourage you to use the T-Cup software to support your bespoke programme and build an evidence-based picture of your ongoing health and well-being choices. All you need to do is access the software and complete a short 90 second survey each day so that you can review your data periodically with your programme director. This data can then be used to identify opportunities for changing certain behaviours if desired.

## Community

### GROUP CLINICS

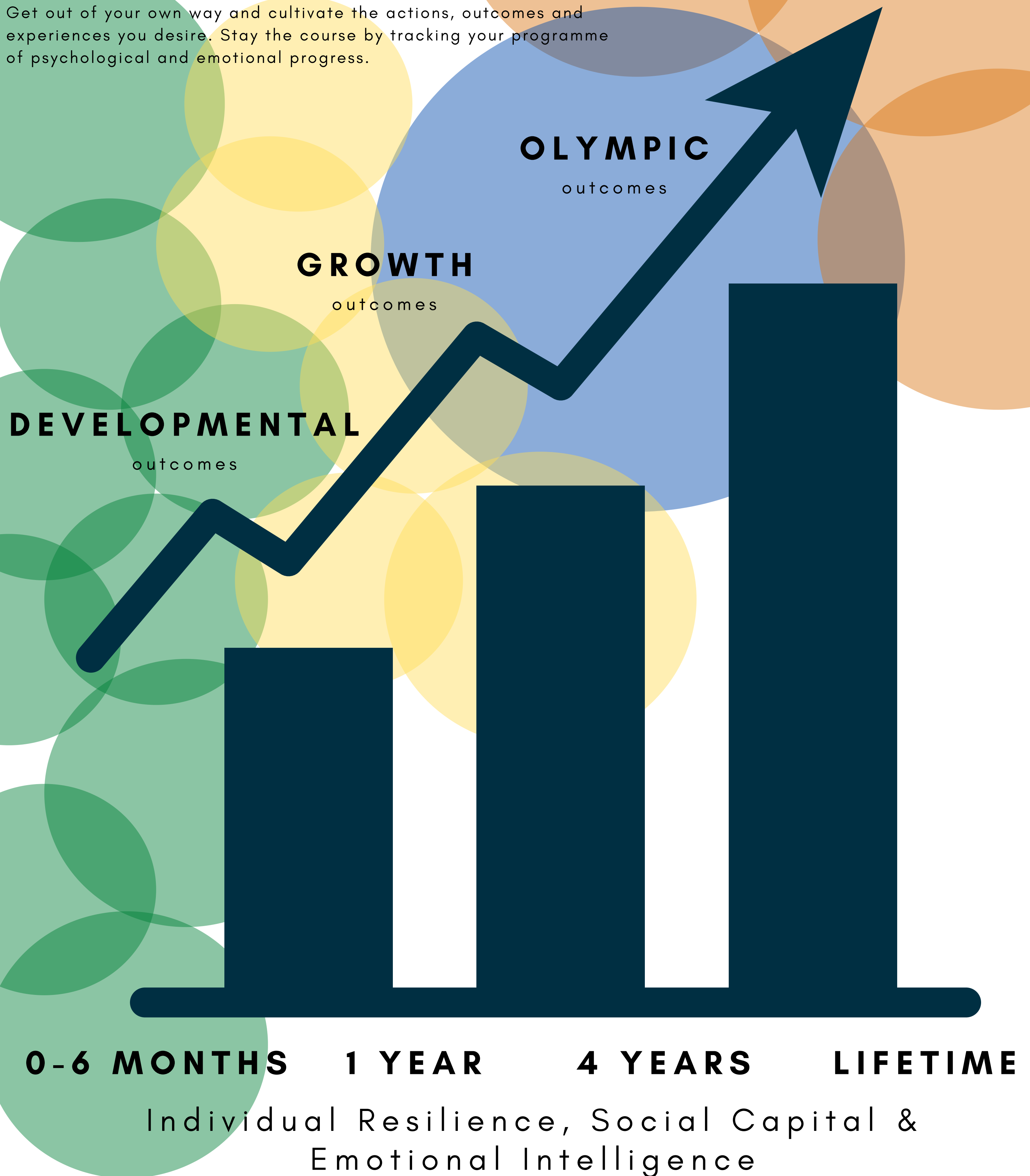
Our small group clinics are designed to foster a culture of ongoing partnership and encourage peer consultation and collaboration between participants. Participants are given the opportunity to practice key interpersonal skills and are encouraged to develop their understanding by sharing their experience and learning with others. The sessions are useful in promoting systems thinking, increasing team functioning and maturity as well as decreasing dependence on 'experts' by driving individual responsibility for learning and personal development.



# Your Journey

## THE CLIENT LIFECYCLE

Get out of your own way and cultivate the actions, outcomes and experiences you desire. Stay the course by tracking your programme of psychological and emotional progress.





# DEVELOPMENTAL

outcomes

e.g. Behavioural changes. New learning in relation to perception, actions, thoughts, feelings or emotions.

# GROWTH

outcomes

e.g. Lifestyle changes. New learning in relation to beliefs, values, individual needs or reflexive behaviours.

# OLYMPIC

outcomes

e.g. Significant life events - the ones that can be counted on one hand.

# LEGACY

outcomes

e.g. Your impact on others and your environment.



# Exercise 1

## PLANTING YOUR RESILIENCE TREE

Answer the following questions in as much detail as you can.

**ROOTS**

**LEGACY**

How would you like to be remembered by others?

**OLYMPIC**

Name the top 5 experiences you don't want to miss out on in your lifetime.

**TRUNK**

**BRANCHES**

**LEAVES**

**GROWTH**

What, if any, internal barrier is stopping you from making this change?

**DEVELOPMENTAL**

What 5 things are you putting up with right now?





# Develop

## A DYNAMIC RESILIENCE PRACTICE

Prepare for uncertainty based on tomorrow not yesterday. Benefit from a proactive approach to managing pressure and learn how to take care of the top four enablers of resilience; energy, being present, learning and purpose.





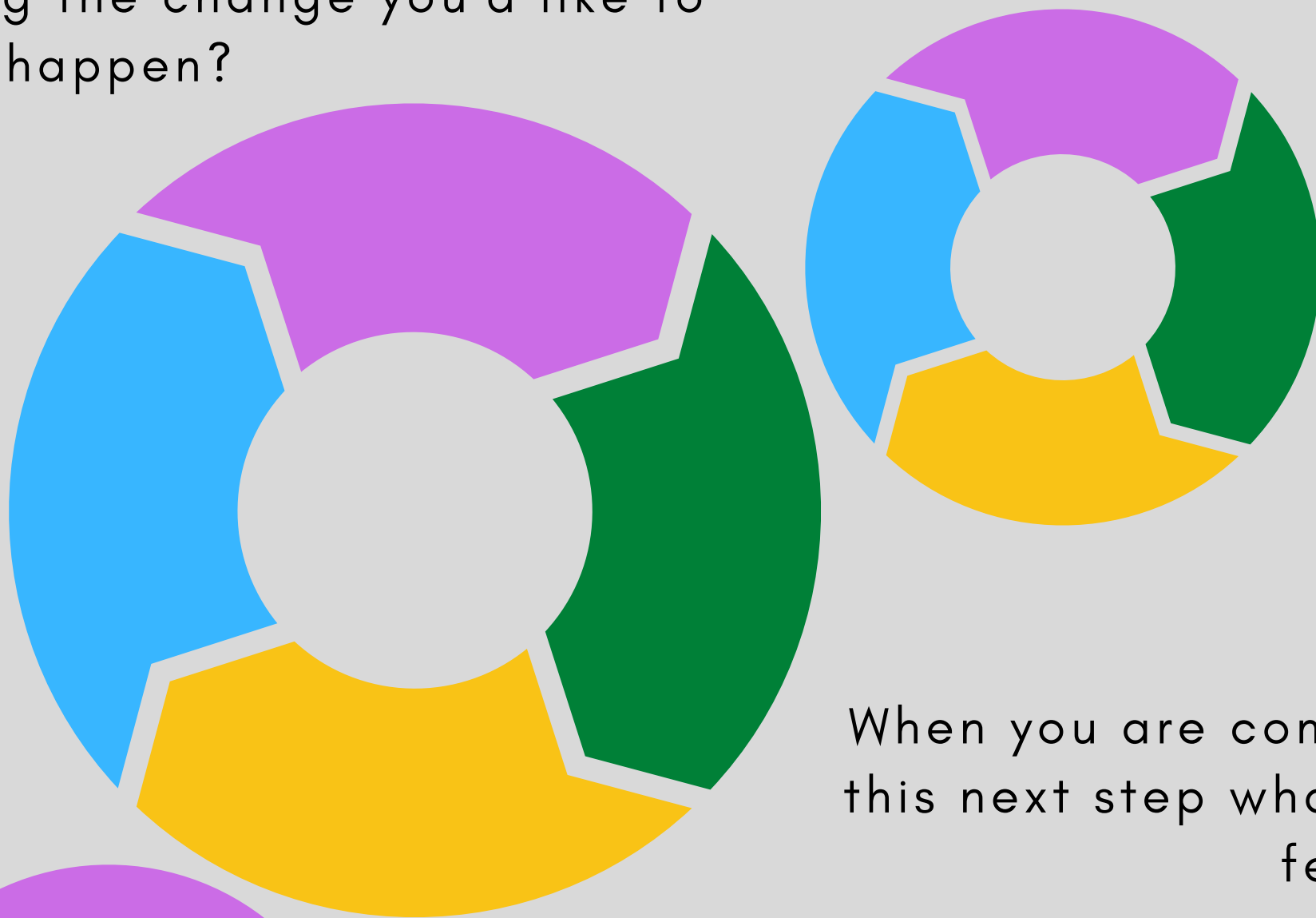
# Exercise 2

## HOW TO START YOUR ACTION INQUIRY SPIRAL

Answer the following questions in as much detail as you can.

### PLAN

What is your next step towards making the change you'd like to make happen?



### ACT

When you are completing this next step what will it feel like?



### OBSERVE

How will you know when you have completed this next step?



### REFLECT

What, if anything, would you do differently next time?

