



APPLIED ALPHA

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PEAK PERFORMANCE COACHING FOR EXECUTIVES

We coach leaders in mindfulness and emotional intelligence to produce peak performance.

PROGRAM GUIDE 2017



There isn't anybody saying I need to do these 20 things by tomorrow. I'm the one who organizes my schedule. And I make it very hectic because I feel like it's important to always get a lot of stuff done. In a way, I'm the person who's blocking my own freedom.

Program Participant



WHAT WE DO

THE PROBLEM

In today's corporations, everyone is maxed out. Many are headed toward burnout — especially A-players. They grind, crush and drive to perform more and better while today's speed and rapid change only make it worse. **The skill of tomorrow is to succeed without sacrificing health or sanity.** But it takes awareness and emotional intelligence to do it.

THE SOLUTION

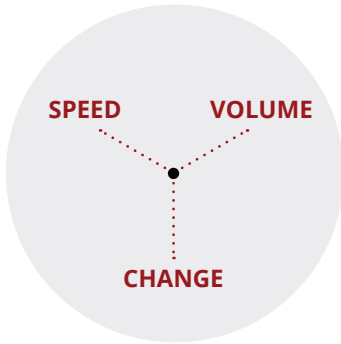
Our program trains leaders in mindfulness and emotional intelligence to produce peak performance and peak passion. Our coaching provides tangible tools for daily application, with an emphasis on:

TRUST-BASED
TEAMWORK

ESSENTIALISM

ANTI-FRAGILE
LEADERSHIP

HIGH PERFORMANCE
PRACTICES



OUR AUDIENCE

We work specifically in agile industries - environments that are disruptive, volatile, and likely to pivot. We train leaders to thrive at the intersection of speed, volume, and change.

We take leaders to the next level by both expanding their strengths and unlocking hidden potential. Our coachees build the skills necessary to produce more with less effort, expand creative thinking, make decisions with clarity, communicate powerfully, build stronger relationships and ultimately create better teamwork.



HOW WE DO IT

We coach our leaders in the following aptitudes:

Trust-based Teamwork

Powerful communication practices for quickly understanding others, communicating a vision, and producing safety/trust

"No amount of information in the world was able to make a difference. The thing that moved the needle entirely was an emotional, connection, trust...a human thing. It really did."

- Program Participant, CEO

Essentialism

Practical tools for focus and peak performance, enabling leaders to see the right targets amidst a multitude of priorities

"That day, I realized there were teams doing things that were totally on track, and I didn't need to be checking it. I was like, wow, the ship is moving forward, the things I was worried about weren't valid concerns. I was able to tackle this hugely complex project and the rest of the team was still moving in the same direction."

- Program Participant, VP

Anti-fragile Leadership

Leaders who are resilient in high-stress situations, thrive in rapidly changing environments and are not in danger of burning out

"I'm just looking at it in a non-judgemental way. I see things pretty clearly. If I can continue to stay there, we'll all get through this stronger as a team and everybody will win."

I've been in the zone with things. I had my best delivery with a speech I didn't prepare for. My peers said, "I just learned a lot about leadership from watching you. Thank you!"

- Program Participant, VP

High Performance Practices

Applied daily practices for peak performance and clarity resulting in a state of effortless effort

"If I can continue to be in the zone in those complicated situations, I can navigate this to the best possible outcomes for everyone involved."

The end result of it is - overall, I feel like my work life is in much better order. I have a stronger sense of confidence with all the different parts."

- Program Participant, President

THE CURRICULUM

Our program is tailored to the size and needs of your organization. It includes a combination of:



Individual Coaching

90 minute coaching sessions every other week provide a tactical forum for exploring the principles of our program.



Experiential Tools

Coachees are trained in 12 tools for accessing flow states, gaining clarity of vision, and gaining teamwork through alignment.



Group Trainings

Group training allows for unique community learning and the opportunity to leverage the insights and practices with teammates.



Expert Talks

Experts in neuroscience, zen practice, sports psychology, and navy seal training bring their unique perspective during monthly talks.

WHAT MAKES OUR PROGRAM UNIQUE?

RE-PURPOSING YOUR TIME

We don't add another item to your to-do list. Instead, we re-purpose how you utilize little moments throughout your day, like walking between meetings or waiting at a stoplight.

SELF-DISCOVERY

We don't give answers. We believe that all our participants have solutions within themselves. It is our job to facilitate their own path to self-discovery and leadership.

CULTURAL CHANGE

We don't stop at the individual. Our program works at the organizational level, creating environments of mindfulness, emotional intelligence and heightened performance.

THE RESULTS

In a survey of all Applied Alpha program participants:



71%

report an increased access to
**Peak Performance
States**



81%

report an increase in
**Overall
Productivity**



100%

report an increased ability to
**Manage
Emotions**



APPLIED **ALPHA**



The Applied Alpha program is a remarkable blend of zen principles, practical leadership values and Agile methodology that has helped many at Riot to navigate the complex nature of modern day work to become happier, healthier and more productive leaders.



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