



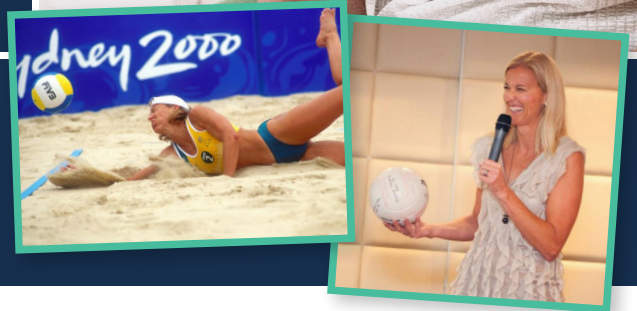
**KERRI POTTHARST**

- HUMAN HIGH PERFORMANCE COACH
- SPECIALISING IN MINDSET, MOVEMENT AND MOTIVATION – HOLISTIC WELLBEING
- KEYNOTE SPEAKER

## THE ART OF HUMAN HIGH PERFORMANCE



“ I am particularly passionate about inspiring women to push past what they believe is possible and to help them achieve their long held dreams and desires ”



### WHAT IS THE ART OF HUMAN HIGH PERFORMANCE?

Being able to optimise your life in every way to achieve your best health, wellness and happiness. Success then becomes a by-product.

### THE ART OF HUMAN HIGH PERFORMANCE PROGRAM CAN HELP YOU:

- Determine your unique values and strengths
- Learn how to set goals and create intentions with powerful self motivation
- Create sustainable healthy habits which propel you to a happier and more successful lifestyle
- Get crystal clear on your purpose which provides you with daily motivation to reach your goals
- Turn pain into purpose
- Improve your resilience, confidence and self belief to help you battle and WIN against life's challenges
- Create a direction if where you're going now isn't on target
- Map out a strategy toward self love, self care and personal success
- Identify the fears and doubts that are holding you back and rise above them with GOLD MEDAL winning mindset techniques
- Challenge yourself to step into a new potential
- Develop a solutions based mindset rewire
- Become inspired to reach the next level and perhaps, in turn, inspire others.

### ABOUT KERRI

Kerri has spent a lifetime decoding Human High Performance. She is an Olympic champion who has dedicated her life to personal growth and evolution.

She won gold in Beach Volleyball at the Sydney 2000 Olympics, which was the culmination of over 25 years of hard work and training working with performance coaches in the highest echelons of the sport. In that time, she competed in 3 Olympic Games, winning two Olympic medals: Bronze at Atlanta and Gold on the iconic Bondi Beach in Sydney.

Kerri believes there's never been a better time to bring your 'A' game to the life you want to live. In this current world of rapidly changing environments we need to move beyond traditional methods and approach human performance as a **HOLISTIC SYSTEM** that integrates all aspects of mind, body, and soul. A strategic mindset shift will help us adapt faster, foster greater resilience, and create new pathways to success when the rules of the game are turned upside down.



KERRI POTTHARST



## MOTIVATION DOES MATTER

THE ART OF HUMAN HIGH PERFORMANCE is a program that goes beyond traditional coaching techniques and taps into the full range of human skills that we need to overcome fear, adapt to change and create the life we want.

As a 3 x Olympian and Gold Medallist in her sport, Kerri Pottharst provides a well-tested roadmap for navigating the bumpy road from SETTING THE GOAL to WINNING THE GOLD.

This program offers an inclusive and intentional approach to human performance, with guidance around building mental and emotional stamina and the importance of resetting when things don't go to plan or when an area of your life has run its course.

Kerri's coaching clients will walk away understanding the power they have to create a winning life and what it will take to get them there. They will have new tools to set targets, improve self-motivation and to reframe challenges when they arise.

## KEY LEARNINGS AND OUTCOMES

Resilience • Adaptability • Goal-setting • Self-motivation

“ I am fortunate enough to have been coached and mentored by Kerri, she has helped me develop into the person, player and coach that I am today. I learned first-hand how she implemented the secrets to her success as an athlete and continues to implement into her own life, ever since. She shared those same secrets of success with me – how to be organised, optimistic, and to think differently than you thought before. These lessons are not limited to sports success, but also carry over into your personal and business world. She gives you a step-by-step path to greatness. She has walked the walk and now generously teaches that to others ”

ANGIE AKERS USA Gold Medal Coach, 2020 Olympic Games

## INCLUSIONS AND INVESTMENT

- 4 x 60 minute personal 1-on-1 coaching sessions via phone/zoom or in person
- 1 session every 2 weeks or as agreed upon
- All course material
- Unlimited email correspondence
- \$2,000 +GST

### SESSION 1

- Self reflection and discovery
- Values and strengths
- What does success mean to you?

### SESSION 2

- Overcome the fears and doubts that constantly sabotage and hold you back
- Affirmations
- Stress management

### SESSION 3

- Create your high performance plan and inspired vision
- Sleep, nutrition, movement and mindset

### SESSION 4

- Live into your vision – strategies to last a lifetime
- Take action
- Self care – mental, physical, emotional, spiritual



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