

COZYMIND

PERFORMANCE DIAMOND

WORKSHOPS

THE PROBLEM

High performing companies ask a lot out of their employees on a day-to-day basis. It can be very trick to sustain high-level employee performance and health without stagnancy or burnout overtime.

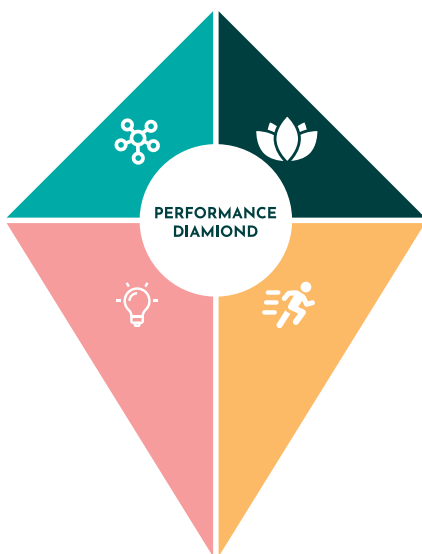
It's so easy to take each day on autopilot, leaning on the systems we know and have used in the past to create success.

But what happens when those systems aren't enough?

OUR SOLUTION



WHAT IS THE PERFORMANCE DIAMOND METHOD?



The Performance Diamond Method is an iterative method. It is our simple, proven, step-by-step approach that supports continuously improving work efficiency, reducing stress, and saving hours each week.



A large diamond shape divided into four quadrants by a vertical and a horizontal line. The quadrants are colored: top-left is teal, top-right is grey, bottom-left is pink, and bottom-right is orange. In the center is a white circle containing the text 'PERFORMANCE DIAMOND'. Each quadrant contains an icon and a text block. The teal quadrant has a network icon and 'HABIT MAPS'. The grey quadrant has a lotus icon and 'BRAIN BREAKS'. The pink quadrant has a lightbulb icon and 'PERFORMANCE HACKS'. The orange quadrant has a running person icon and 'PRODUCTIVITY ROUTINES'.

PERFORMANCE DIAMOND

HABIT MAPS

Create new habits with consistency.



BRAIN BREAKS

Five minute practices that boost focus, save time and reduce stress during your workday.



PERFORMANCE HACKS

Optimise mindset, motivation, scheduling and automation.

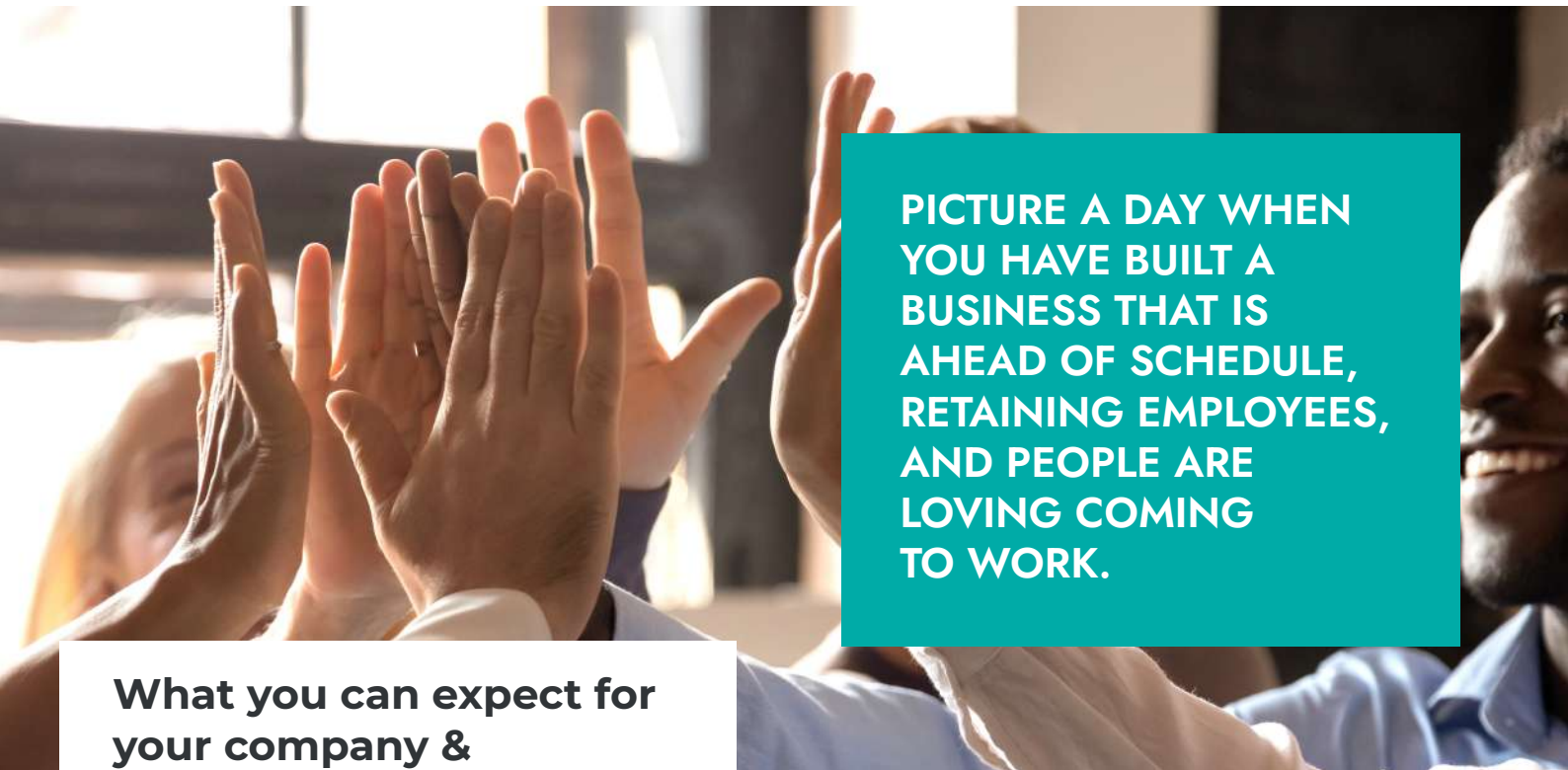


PRODUCTIVITY ROUTINES

Get into flow states faster and eliminate distractions.



BUILD A BUSINESS THAT IS MORE PRODUCTIVE WHEN APPLYING OUR METHOD



PICTURE A DAY WHEN
YOU HAVE BUILT A
BUSINESS THAT IS
AHEAD OF SCHEDULE,
RETAINING EMPLOYEES,
AND PEOPLE ARE
LOVING COMING
TO WORK.

What you can expect for your company & employees:

- ▶ Feel 50% less stressed at the end of the day
- ▶ Reclaim up to 25 hrs/week
- ▶ Increase business revenue, personal energy, and quality relationships



Dr. Kara Larson



Joaquin Hourbeigt

The Performance Diamond Method is a compilation of their joint knowledge from a Ph.D. in biomedical engineering, 600+ hours of transformational leadership coaching, 15+ years of reading performance and biohacking literature, and 800+ hours of yoga and meditation training.





BRAIN BREAKS WORKSHOP (6-WEEKS)

Get back time in your day with powerful meditation, breathwork and movement practices specially designed to reduce stress and improve focus. Perfect to do before a meeting or after lunch break.

- BENEFITS**
- ▶ Save up to 4.5 hours daily with 0.5 hours of Brain Breaks
 - ▶ Reduce daily stress by 50%
 - ▶ Increase working memory capacity & mental energy
 - ▶ Reduce mental distractibility

WORKSHOP STYLE 1: DRIP FORMAT

6-weeks of training calls and T&A calls

Week 1: Brain Breaks Basics

Week 2: Brain Breaks Workday Blueprinting

Week 3: Brain Breaks Intermediate Techniques

Week 4: Brain Breaks Overcoming Challenges

Week 5: Brain Breaks Advanced Techniques

Week 6: Brain Breaks At Home

Each Week :



Training Call (45 min) on Monday or Tuesday



Troubleshooting & Accountability (T&A) Call (45 min) on Thursday or Friday

* First training call will be 60 min to allow for introduction time and additional Q&A.

WORKSHOP STYLE 2: 2-DAY TRAINING FORMAT

2-days of training followed by 6-weeks T&A

Training Days (Week 1)

Day 1: Brain Breaks Basics, Blueprinting, & Common Challenges Training (1hr 45 min) on Monday

Day 2: Brain Breaks Intermediate, Advanced, & Home Training (1hr 45 min) on Tuesday

Day 4/5: Troubleshooting & Accountability (T&A) Call (45 min) on Thursday or Friday T&A Call every week

Weekly Follow-Up





PRODUCTIVITY ROUTINES WORKSHOP (6-WEEKS)

Olympic athletes use performance rituals to prepare themselves for races and events. You can do the same thing with your work. Get into deep work in 10-minutes or less instead of taking the average 23-minutes.

- BENEFITS**
- ▶ Save 13+ minutes every time you restart work
 - ▶ Boost work motivation
 - ▶ Increase work focus
 - ▶ Reduce distractions

WORKSHOP STYLE 1: DRIP FORMAT

6-weeks of training calls and T&A calls

Week 1: Work Start Routines Basics

Week 2: Work Start Routines Advanced

Week 3: Work Shutdown Routines

Week 4: Morning Routines

Week 5: Evening Routines P1: Sleep Sanctuary

Week 6: Evening Routines P2: All Together

Each Week :



Training Call (45 min) on Monday or Tuesday



Troubleshooting & Accountability (T&A) Call (45 min) on Thursday or Friday

* First training call will be 60 min to allow for introduction time and additional Q&A.

WORKSHOP STYLE 2: 2-DAY TRAINING FORMAT

2-days of training followed by 6-weeks T&A

Training Days (Week 1)

Day 1: Productivity & Morning Routines
Training (1hr 45 min) on Monday

Day 2: Shutdown & Evening Routines Training
(1hr 45 min) on Tuesday

Day 4/5: Troubleshooting & Accountability (T&A) Call (45 min) on Thursday or Friday T&A Call every week

Weekly Follow-Up



If you want to know more about our programs or schedule an appointment, please write us.



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