

Greatness depends on you.
And the choices you make.



And inspiring greatness is one of the things we do. At White Oaks Resort, our **humanperformance** program will help you and your team aspire to reach full human potential and achieve optimum performance, optimum health and optimum morale.

Because achieving greatness is all about the choices you make.

 **WHITE OAKS**
CONFERENCE RESORT & SPA

NIAGARA-ON-THE-LAKE

identify strengthen solidify

>> *Kathryn Korchok*



In a corporate or group environment, a well-functioning team can only perform at its best when individual team members perform at their individual best. One person's stress, illness or reduced energy can adversely affect the overall performance and achievements of the group.

With one-on-one personal interaction with a specialized trainer, the White Oaks HUMAN PERFORMANCE Program will identify individual strengths and weaknesses, turn stress to positive energy, sharpen focus and awareness, and solidify goals and objectives by developing an individualized wellness strategic plan.



To be successful in life, people must perform at a high level, and ultimately, your physical and mental capacity will determine that performance level

notes Louise Blais, Human Performance Program Director

HUMAN PERFORMANCE is an innovative and comprehensive health, fitness, and lifestyle program designed for individuals in a group or corporate team setting. Its goal is to draw on individual strengths, establish new priorities and goals, and help you achieve greatness—personally and professionally. Because individual excellence is a choice.

An innovative program at White Oaks, HUMAN PERFORMANCE allows individuals and groups to customize a health, fitness and lifestyle plan to achieve optimum performance, personally and professionally. Beginning with a fitness and wellness assessment, continuing with personalized exercise prescription and supported by lifestyle seminars designed for group productivity, HUMAN PERFORMANCE puts it all together.

“Our main objective is to provide individuals with all the education and tools they need to adopt a healthier lifestyle,” says *Stacia Nelson, Learning Institute Manager and Experiential Educator*. “As a result, participants become

more productive, and perform at a higher level in both their personal and professional lives.”

What can you expect from your customized HUMAN PERFORMANCE Program? With group seminars and activities, and one-on-one training (including follow-up/checkups), you'll see the difference. More energy. Better sleep. Stress on demand, because some stress is necessary for healthy motivation. Increased longevity. Improved personal relationships, at home and in the office. A clear and creative mental focus. Increased drive and productivity. A highly functioning individual, and a highly functioning team.

At White Oaks, HUMAN PERFORMANCE is one of the best ways to unlock your potential, and achieve greatness. If we did all of the things we are capable of, we would astound ourselves.

2006 PROGRAM DATES

MARCH 2 – 4

MAY 4 – 6

JULY 6 – 8

SEPT. 14 – 16

NOV. 2 – 4

Of course... you can arrange an exclusive and fully customized program for your organization or group, based on availability.

1.800.263.5766

www.whiteoaksresort.com

