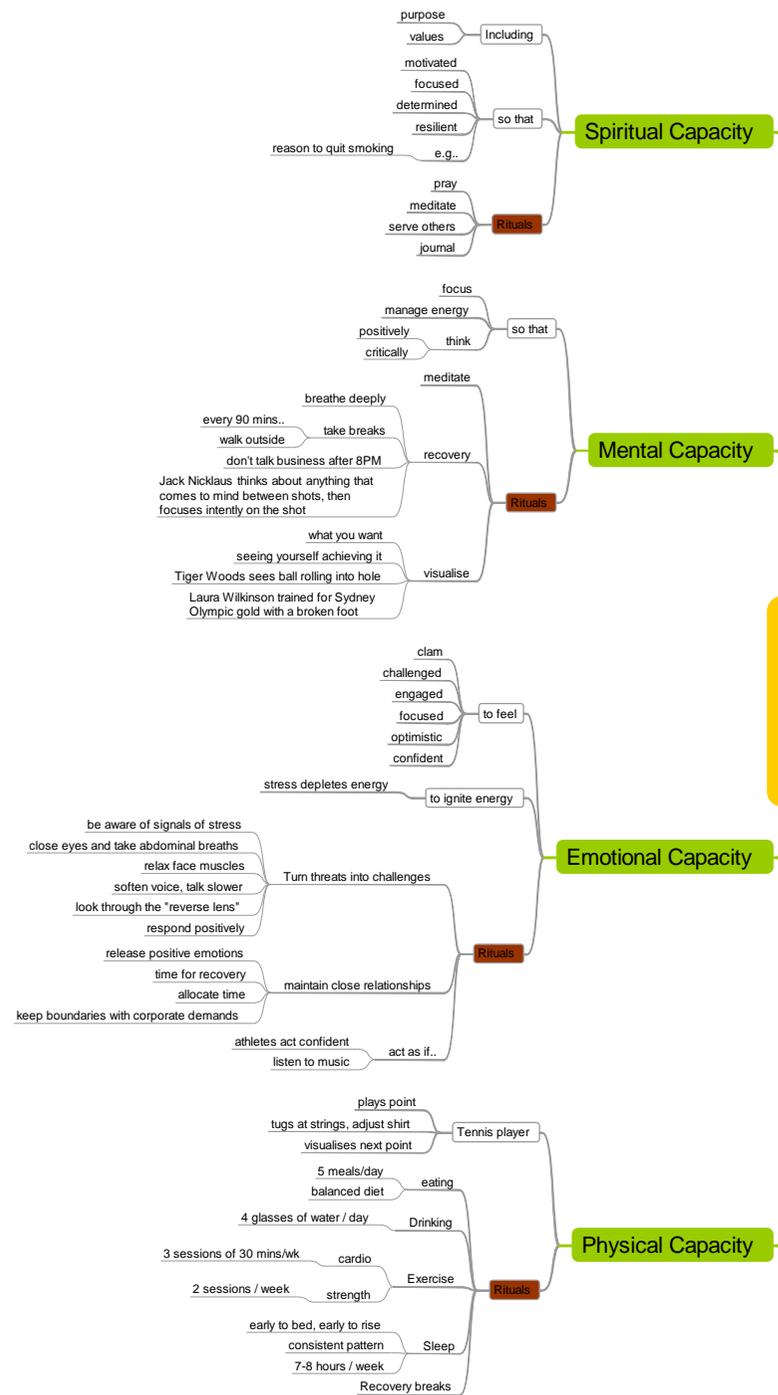


# The Making Of A Corporate Athlete

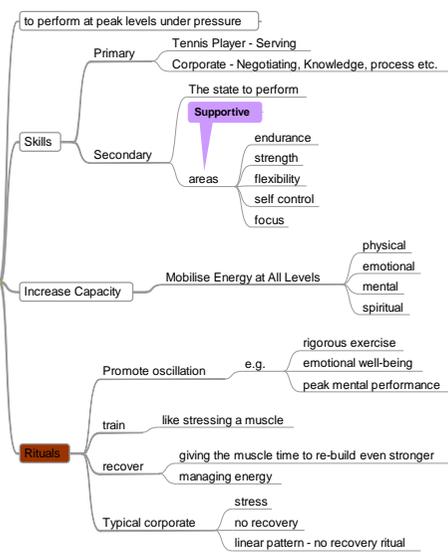
HBR, Jim Loehr, Tony Schwartz



## The Comparison

	Athlete	Corporate Leader
Time spent practicing	Lot	Very little
Time performing	2 hours/day max.	12 hours/day regularly
Time spent recovering	After each stress	A holiday each year
Career Span	7 years	40 years

## Ideal Performance State (IPS)



## The High Performance Pyramid

