

IMPROVING PERFORMANCE

LONG RUN



The **IMPROVING PERFORMANCE** program is inspired by highly competitive athletes, which, being subjected to highly demanding and challenging environments, must have a high sports performance for competitions but, above all, between competitions. That is, it is not enough to be well physically and mentally on one day or another. It is necessary to maintain a constancy of performance over time. The example of sport is an excellent metaphor for the environment corporate.

Organizations need highly skilled people 24/7. This implies achieve high productivity in the office, but ensure constant renew energy during the day but also between days ...

This Program intends to use the examples, the methodologies and even the means of improvement performance in athletes and bring them to the environment of organizations.



The **IMPROVE PERFORMANCE** Program, taking into account the characteristics and the profile of the participants where work capacity and high performance are fundamental, is based on 4 essential essentials:

- **Quantifiable biological data** related to fatigue and stress.
- **Science-based.** The entire framework and interventions are based on the assumptions of the "Evidence science based" and coordinated by university professors with extensive experience professional in the areas of performance and health.
- **Associated metric.** The evolution of the participants can be assessed quantitatively and qualitatively.
- **Individual support.** Behavior changes are difficult and often little lasting. In this sense, there is now strong evidence that constant monitoring and permanent feedbacks, minimize the risks of default, in the short or long term. long-term changes.

In addition to these general characteristics, the Program bases its operation on characteristics that could be summarized in the following topics:

- **Biological indicators** (blood, saliva and assessment of the autonomic nervous system)
- **Highly technological**
- **Tangible** actions
- **Gamification**
- **Relaxed and fun**
- **Confidentiality, comfort and security**



The main objectives are:

- Know the performance profile of the participants
- Make an individual diagnosis with special emphasis on aspects related to stress and fatigue
- Provide participants with “hands on” tools to improve performance
- Track and monitor all participants with continuous feedback and "on demand"

Fulfilling these points, it is intended at the end of the Program that participants have:

- Improved knowledge of your general condition
- Improved your corporate performance
- Reduced risk factors associated with stress and fatigue
- Developed coping strategies for the inevitable stress and fatigue in the organization's day-to-day situations



SURVEYS

At the beginning and
end of the program.

WORKSHOPS

Approaches to 4
themes: Performance,
Recover, Refuel,
Rethink & Reenergize

AUTONOMOUS NERVOUS SYSTEM

Assessment of heart
rate variability

CONSULTATIONS

Medical (clinical analysis)
Nutrition
Performance

ANÁLISIS

Blood and
Saliva



RECOVER

- Because?
- When?
- As?

Sleep:

- Performance impact
- Health impact
- Types of sleep
- Techniques

REFUEL

- Because?
- When?
- As?

Food for thought
Food for health
Energetic snacks

RETHINK

- Stress and fatigue
- Performance impact
- Health impact
- Signs and symptoms
- Stress management techniques

REENERGIZE

- Stress and fatigue
- Performance impact
- Health impact
- Signs and symptoms
- Stress management techniques

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I am a Full Professor of Physiology at University of Porto, Portugal.

A recognized specialist with extensive experience in improving people and teams performance, whether in the context of high-performance sport or corporate environment.

Author and co-author of over 60 scientific articles published in international peer-reviewed journals and author of 5 books.

I have worked with companies such as: Deloitte, José de Mello Group, Siemens, Philips, Sonae, Banco Popular, Banco Santander, Ana Aeroportos, Wipro, Galp, Sage, PWC, Novo Banco, Standard Bank, Outsystems, Biogen, Galp, Hyundai, Farfetch, etc. More recently, I have participated in the physiological monitoring of international car drivers.

I am also a Scientific Lead of Deloitte's FUEL project, a UNILABS Consultant, a scientific advisor for the Powermotion Group (experts in car driver training) and a guest lecturer at Porto Business School.





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