

# REACHING NEW HEIGHTS



**PODIUM  
PERFORMANCE**





**WELCOME TO WAIPA, HOME OF CHAMPIONS**

**THE GROUNDS OF GRIT AND GREATNESS**

In the last 10 years this small corner of the mighty Waikato has become home to some of the world’s fastest bodies and four of New Zealand’s highest performing sports.

This natural environment has helped prepare them for Olympic level performance. Here you can be immersed in the learning environment chosen by champions.

Reshape your core potential for personal success in the training grounds of many of New Zealand’s top athletes.





EXPERIENCE  
THEIR  
ENVIRONMENT





# HIGH PERFORMANCE

Real Stories. Authentic conversations. Practical Insights – from New Zealand’s top sports performance leaders.

## DESIGNED FOR GREATNESS

Podium Performance is a unique opportunity to gain access to the formulas, mindsets and development strategies utilised by New Zealand’s highest performing athletes – all while being in their own environment.

The world is in a state of rapid change. The constant challenge of emerging ahead of the curve in all industries has now become competitive on a global scale.

Staying mentally and physically sharp is of paramount importance for all those who strive for excellence in their chosen profession.

This is an exclusive chance to join a collection of New Zealand’s top Olympians, psychologists, physiologists and coaches in an environment designed to challenge your perspectives on your own performance.

The program is unique, exclusive and designed to challenge, refresh, inform and inspire each participant.

## WHAT TO EXPECT

**Honesty** – We don’t embellish the challenges that face high performers in this modern age, rather we provide an authentic environment in which to discuss the strategies and techniques for real high performance.

**Insight** – We delve into key concepts of high performance and share the best insights from years of research and development in the athletic industry.

**Clarity** – We help you define your own purpose and vision and develop your own unique high performance goals, both within a personal and business setting.

**Inspiration** – We bring top athletes and coaches into the room with you to share their personal stories of struggle and breakthrough on the road to success.

**Reality** – We will not give you the latest in leadership trends, nor a program heavy on theory. Instead, we will expose you to the real environments of real high performance – and the real people in them.



*“Greatness is not an alchemy, it’s a science.”*





# IT STARTS WITH YOU

Spend two days immersed with some of New Zealand's top athletes, coaches and sporting experts. It is also an opportunity to hit reset on your own health and wellbeing goals with a full fitness and health assessment.

## **ROWING**

Hear from the leaders of NZ Rowing, from CEO to world-leading coaches and athletes.

Interact with these coaches and Olympic medallists, watch them train and hear first hand their key concepts of what it takes to create the world's best.

## **CYCLING**

Based at the Home of Cycling velodrome, you'll be immersed into the centralised high performance hub of NZ Cycling.

You'll experience a world class velodrome, hear a different perspective of high performance leadership and the challenges the sport and its people face as they strive for world beating performances.

## **PERSONAL PERFORMANCE**

We take a snapshot of your personal health through fitness testing and a full health screen, analysed by health professionals working with high performance athletes.

We focus on your wellbeing and mental game with exercises designed to help you reflect, refocus and gain more clarity around your own personal and professional goals.

# GIVING BACK

## A PERFORMANCE PROGRAM WITH A CHARITABLE TWIST

Podium Performance is not a company. We won't be taking your hard-earned dollar from your pockets, just to line ours.

We are fiercely proud to be a social enterprise housed within the Brian Perry Charitable Trust, returning all our profits back to the community.



## PODIUM LODGE

Podium Lodge was created to host sporting, health, and wellbeing experiences and was specifically designed with an “Olympic Village” environment in mind.

Located in the heart of Waikato, this lodge is used by our athletes as both a place of rest, recovery and refocus for some of our top athletes.

Podium Lodge is also a social enterprise owned and operated by the Brian Perry Charitable Trust, and as with the Podium Performance with 100% of its profits returned to the community.

[www.podiumlodge.co.nz](http://www.podiumlodge.co.nz)





## **ABOUT THE BRIAN PERRY CHARITABLE TRUST**

Founded by Hamilton businessman Brian Perry in 1976, the Trust's purpose is to make a meaningful contribution to the Waikato region through investing in local initiatives.

In recent years, the Trust has invested significantly in sport and recreation facilities, such as the Home of Cycling Velodrome, Perry Pool and Perry Community Water Sports Centre, and of course, Podium Lodge.

We are proud to partner with the BPCT to help inspire healthy and active lifestyles in the Waikato region.



For further information contact:

**Sarah Ulmer**

E: [sarah.ulmer@perry.co.nz](mailto:sarah.ulmer@perry.co.nz) P: 021 333 623