How do you describe peak performance? Most people describe peak performance as being challenged, engaged, optimistic, confident, focused, and calm. Why then do we let negative emotions such as anger, fear, resentment, frustration and sadness drain our energy? Over time these feelings are toxic, impact our productivity, affect our emotional state, and can lead to a downward spiral of negativity. Not a pretty picture, is it?

How then, in an ever changing environment, full of stress, pressure, and chaos, can leaders (corporate athletes) seek to sustain high levels of performance? Research has shown that maintaining a sustained level of high achievement requires emotional, spiritual, and physical strength, together with well developed intellectual capabilities.

The High Performance Pyramid below shows the relationships between the four elements important to a high performance corporate athlete. High performance in situations that are demanding and difficult is achieved when all the levels are working synergistically.

The High Performance Pyramid

- **Spiritual Capacity**: Provides a powerful source of motivation, determination, and endurance
- **Mental Capacity**: Focuses physical and emotional energy on the task at hand
- **Emotional Capacity**: Creates the internal climate that drives the Ideal Performance state
- **Physical Capacity**: Builds endurance and promotes mental and emotional recovery


In a previous issue, we discussed how to renew energy at the physical level. Click here to read. This article will focus on increasing emotional capacity.

Emotional energy has a clear and direct link to our body as it is a vital organ that provides clues about how we are feeling. When we have high levels of emotional capacity, typically there is less incidence of disease and in general, fewer minor ailments. However, when we are stressed, evidenced by increased heart rates, feeling anxious, feeling warm or cold, headaches, tingling and numbness in the hands and feet, our emotional capacity is lower. It is important to be aware of these signals from our bodies and address them before they cause illness.

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