

# Prepare. Perform. Recover.

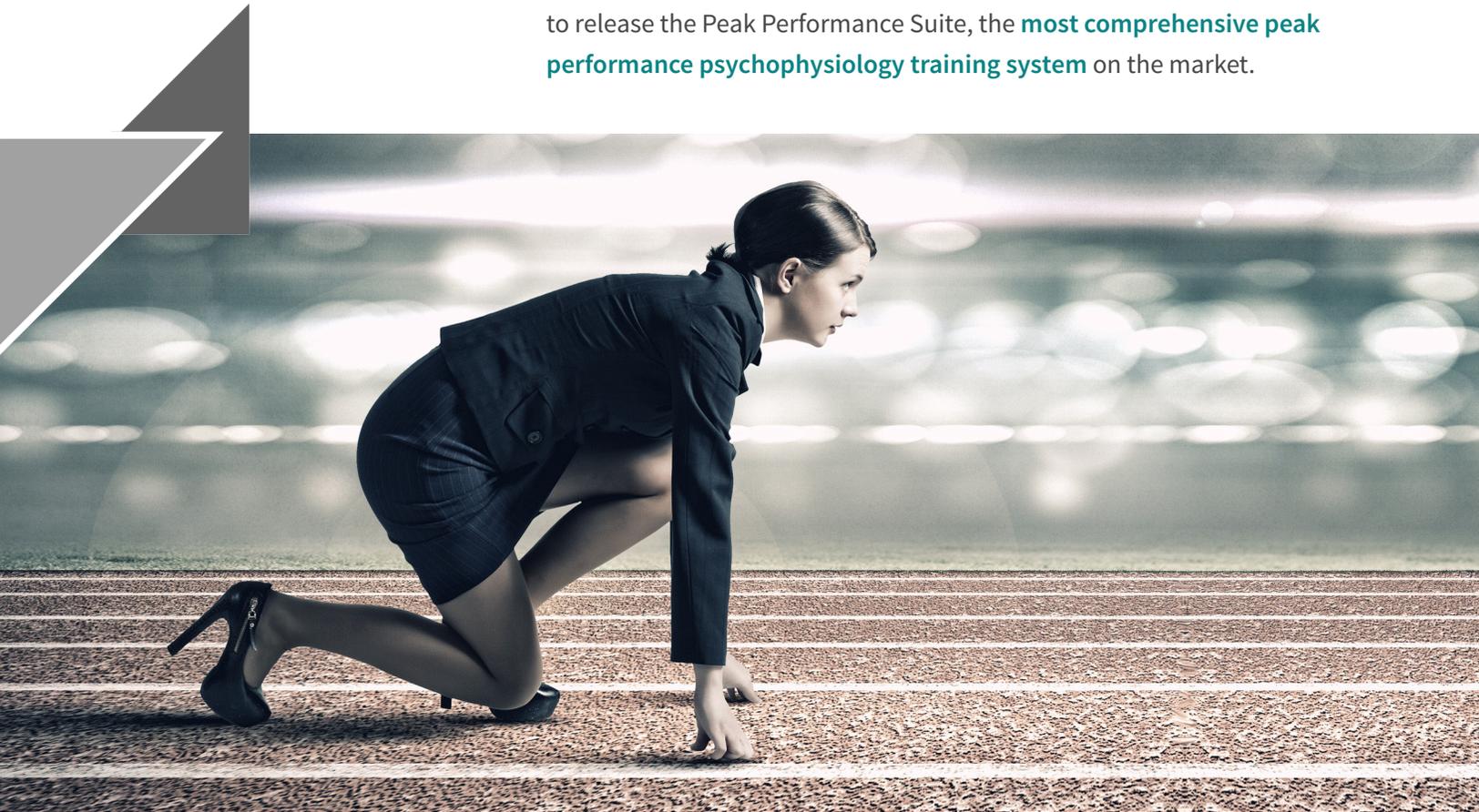


## PEAK PERFORMANCE SUITE

The difference between amateur and professional training

For over 30 years, Thought Technology has been on the forefront of **improving performance in high stakes environments**. As performance experts, we are focused on providing performance psychologists with tools that can **enhance intervention and training strategies**.

In collaboration with Dr. Pierre Beauchamp, Thought Technology is proud to release the Peak Performance Suite, the **most comprehensive peak performance psychophysiology training system** on the market.



The suite is uniquely designed to integrate all the assessment and self-regulation tools you need:

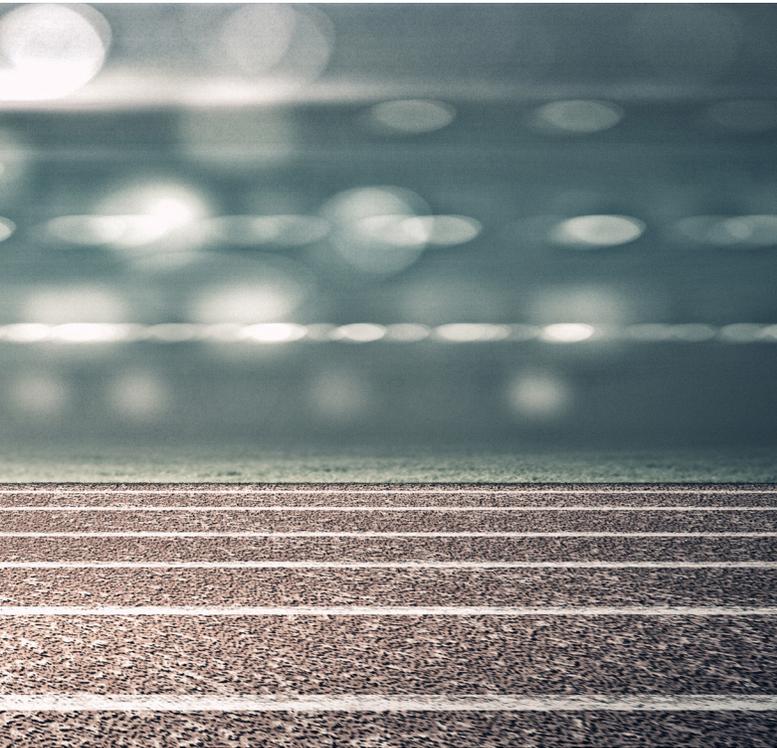
- ◆ Specialized quick evaluation protocols (HRV, stress, etc.)
- ◆ Advanced evaluation-specific reports
- ◆ Multiple modality monitoring with dedicated feedback portion of the training screen

Maintain client engagement:

- ◆ Self-regulation screens provide instantaneous visual and audio feedback
- ◆ Multiple levels of training set progressive challenges
- ◆ Success points sustain client interest throughout training

The Peak Performance Suite uses proven techniques to regulate the autonomic nervous system, giving your performers the critical skills to ensure they are ready to perform. It provides:

- ◆ Improved control of **pre-performance arousal** levels
- ◆ Increased **mental acuity and resilience** during performance
- ◆ **Faster recovery** during & after performance



With a focus on performer readiness, the Peak Performance Suite offers a complete toolbox for assessment and self-regulation, to ensure your clients can perform consistently at their best.

The Suite teaches self-awareness, foundational self-regulation techniques, and advanced self-regulation skills that can be transferred to their performance environment.





# A COMPETITIVE EDGE

Remove the guesswork with our Peak Performance Solutions

The Peak Performance Suite is the most recent addition to our full range of powerful psychophysiology solutions. Select, from our Starter, Intermediate or Expert level solutions, the package that will suit your needs best. If your needs expand beyond bundled solutions, we will help you customize the right system for your organization.

The Peak Performance Suite was developed in collaboration with Pierre Beauchamp, Ph.D., a graduate in Sport Psychology (University of Montreal) with over thirty five years of experience as a sport psychologist with the Canadian Olympic Association and various national Sport Organizations. Pierre is a professional member of the Canadian Sport Psychology Association (CSPA), the Association of Applied Sport Psychology (AASP) and the Association for Psychophysiology and Biofeedback (AAPB) with a Biofeedback Certification International Alliance (BCIA) certification in HRV Biofeedback.

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