

Unlock Your Potential: Wellbeing for High Performance Thrive in Life, Work, and Health

Transforming Potential into Performance

Build a sustainable career while fostering balance and happiness in your life.

The foundation of sustainable success is understanding that health, happiness, and high performance go hand in hand. That's why we've designed this course to teach you how to thrive in life, work, and health using the PERMAH model. Ideal for professionals, leaders, and individuals, this course will help you unlock your potential and achieve sustained high performance across all aspects of life.

What is the PERMAH Model?

P – POSITIVE EMOTION: Cultivating joy, gratitude, and optimism to boost mental resilience and performance.

E – ENGAGEMENT: Finding “flow” in your work and life to increase productivity and satisfaction.

R – RELATIONSHIPS: Building strong, supportive connections that foster collaboration and success.

M – MEANING: Finding purpose in what you do, whether in your career, personal life, or health.

A – ACCOMPLISHMENT: Setting and achieving meaningful goals to build confidence and motivation.

H – HEALTH: Maintaining physical, emotional, and mental health as the foundation for sustained high performance.

Why This Course?

TAILORED FOR HIGH PERFORMERS:

Whether you're a business leader, entrepreneur, or high-level professional, this course gives you the tools to perform at your best without burning out.

HOLISTIC APPROACH:

The PERMAH model focuses on the whole person—not just work—but also relationships, health, and emotional wellbeing.

PRACTICAL TOOLS:

Each session is packed with evidence-based strategies and tools you can apply immediately to create lasting change.

SUSTAINED SUPPORT:

Ongoing support and accountability, ensuring you stay on track to achieving high performance and wellbeing.

Our courses are offered in a variety of formats, including in-person or remote workshops, and can be customized to fit the needs of your organization.



Visit www.kealconsulting.com/events to view upcoming events in your area, or contact us to learn how we can bring these transformative trainings directly to your organization.

Let's work together to unlock your team's potential and elevate your organization to new heights!