



THE SOURCE

"Unleashing Peak Performance"

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Peak Performance= The ability of the individual, team and/or organization to attain a consistent and sustainable high level of performance by achieving maximum efficiency and effectiveness.

As most of us have seen, peak performance in the world of sports and athletics is a wonder to behold. In studying successful world-class individuals and teams in sports, we at TalentQuest find that there are key characteristics (skills, behaviors, personality traits) that predict sustained success.

Having worked with business people in a wide variety of organizations, industries, and locations, it has become clear to us that peak performers in business also achieve success in similar ways. We know from studies of successful managers, that like successful athletes and successful performers in other disciplines, they demonstrate a set of skills and talents that predict world-class success.

CALLING ALL HEROES

What do these world-class championship caliber athletes have in common?

- Wayne Gretzky
- Michael Jordan
- Tiger Woods
- Martina Navratilova
- Joe Montana
- Mia Hamm
- Lance Armstrong

For most people, these names immediately conjure up visions of greatness and images of tremendous effort and will. What other shared attributes have contributed to such stature?

The critical combination = winning behavioral traits + personality attributes

OFF THE BENCH: WINNING BEHAVIORS

HIGH LEVELS OF SUCCESS

- The ability to achieve greatness beyond what was expected of them

SUSTAINED PERFORMANCE

- The ability to attain a championship level time after time

MAXIMIZATION OF TALENT

- The ability to extract the most out of their talent

WHOLE BIGGER THAN THE PARTS

- The ability to achieve more than what others with comparable talent can achieve.

MAXIMUM TIME “IN THE ZONE”

- The ability to sustain their effort for long periods of time (often times with perception of appearing easy!)

FAST-FORWARDING SKILLS

- The ability to anticipate where the ball, their teammates and their opponents are going to be

PERSONALITY AT ITS PINNACLE

PERSEVERANCE

- “Failure is not an option” mental approach
- The ability to persist through difficulties
- Acceptance of criticism
- Determination

TENACITY

- A willingness to “pay the price” through various personal sacrifices
- The toughness to ensure pain, suffering, and hard work
- Fearlessness and control of emotions

CLEAR, UNWAVERING GOALS

- High standards and expectations
- A commitment to perfection

- A consistent focus on the end result

WILLINGNESS TO PRACTICE

- The ability to spend the necessary amount of time mastering their craft
- Continuous improvement mentality

ABILITY TO DEAL WITH ADVERSITY AND FAILURE

- Extreme strength and emotional resilience to tolerate pressure and bounce back from setbacks
- Willingness to explore the unknown

These are critical keys to peak performance within successful organizations.
Are your leaders displaying these traits and characteristics?

Peak Performance: Additional Resources

- For more on Peak Performance, visit [Peak Performance Pulse](http://www.squidoo.com/valdes) at: <http://www.squidoo.com/valdes>.
- The [TalentQuest Peak Performance Playbook](#) is a 21-page e-book that contains additional tangible tips, strategies, and worksheets to help you and your organization obtain Peak Performance. To receive a copy of the Peak Performance Playbook, [send us an email](#).

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