

# Altitude Group

The best leaders in the world lead themselves to higher levels by calibrating support and challenge to themselves and their teams. We call them 100X Leaders – leaders who are moving towards 100% health and who have learned how to multiply what they know into the lives of those they lead.

To explain this, we use the metaphor of a Sherpa on Mt. Everest. The Sherpa people have a genetic predisposition to higher altitudes which means they can climb higher and longer than normal climbers. They actually have the ability to lead themselves and others up the mountain.

This is what defines a leader — doing their work while helping others do theirs for the benefit of all.



## 12-Month Commitment

### What You'll Receive

This intentional 12-month+ process is designed to help you be the best leader you can be in each circle of influence in your life. Here's how...

-  Access to weekly 30 minute video training focused on learning & practical tools
-  A weekly 100 Exercise focused on helping you improve your own personal leadership
-  A weekly X Challenge focused on helping you take what you have learned and impact others immediately
-  Every other week one-hour core group sessions aimed at deepening understanding & application while providing accountability on the journey

Altitude Training is a weekly learning system mixed with practical tools to help you achieve higher levels of performance, self-awareness, and practical solutions to the real world issues you face.

### The Benefits

-  Actively invest in your own growth to become the best leader you can be
-  Systematic, proven process for developing toward optimal health & high-performance
-  Real-world & immediate application of what you are learning each week
-  Regular connection & support from a group of leaders walking through the process with you
-  Low cost — only €249/month Ex VAT (€199/month for non-profits)

GIANT

THE  
SPEAKER COACH

