



Be Excellent!

Personal Excellence with *Alexandra Panayotou*

**Custom-made professional
and personal development
programmes**

- **Keynote Speeches**
- **Motivational Talks**
- **Executive Programmes**
- **Individual Programmes**
- **Essential Series**



You can't choose what happens to you in life, but you can choose to face it all with a positive attitude!

Keynote Speeches

For: companies, executives, universities, schools, etc.

For: conferences, product or campaign launches, graduations...

Talks of about 1 hour

Alexandra's inspiring story shows how she came from failure to success despite numerous obstacles. Her physical but also her mental strength is testament to the fact that we are capable of so much more than we can imagine if we dedicate ourselves to something and strive for excellence. Her talks are not only inspiring and motivational but also give each member of the audience takeaways in the form of clear tools and philosophies, which can be put into practice in their professional or personal lives.

Motivational Talks

For: companies, executives, universities, groups of athletes, students, women's groups, etc.

Talks of about 1 hour

MAIN THEMES

- **Personal Excellence and Overcoming Obstacles**
- **Re-branding Failure to Achieve Excellence**
- **It's Never Too Late to Achieve Excellence**

In these talks Alexandra tells her incredible story and shows that it's never too late to change your life and to achieve your goals. These talks motivate and inspire and give tools and steps that can be put to use in your professional or private life.



Talks + Teambuilding Activity

The perfect way to amplify the impact of one of Alex's sessions is to follow it with one of her tailor-made outdoor activities. These activities work on developing creativity, positive attitude, leadership qualities, teambuilding, and help ensure that the key points of Alex's session are firmly grasped. Perfect to include in, or to finish off a corporate event.

Custom Programmes

In-house programmes of 1/2 day or over several days

POSSIBLE THEMES/TOPICS:

- **Personal & Professional Excellence: how to achieve your maximum performance**
- **Personal & Inter-Personal Excellence – works on leadership and on a functional and cohesive team**

The objective of these programmes is to motivate and help each participant to work on his/her development first as an individual and then as leader or member of a team. The programmes work on areas such as overcoming obstacles, development of resilience, determination, positive attitude and courage, as well as focusing on optimising the efficiency and impact of each person's interpersonal skills.

Executive Endurance Retreats/Programmes

Custom-made 5-7-day programmes – long-weekend option can be designed

For executives or professionals concerned with long-term success in a high-paced corporate world. Designed to enable participants to maximise their effect and power in leadership positions.

OBJECTIVES:

To help participants develop their leadership skills and personal excellence, and help them achieve endurance in today's highly stressful corporate world. To achieve continued top performance you need to both reach your maximum potential and be able to sustain it long term. Executive Burnout and Stress Syndrome is a reality. It is one of the most financially and productively damaging worries of the corporate world. This program offers the tools to fine-tune executive development, and it also provides the knowledge necessary for avoiding Executive Burnout or similar conditions while maintaining maximum professional performance over the long-term.

A combination of sessions, workshops, and outdoor activities set in locations ideal for disconnecting from the stress of daily work, enabling each individual to fully focus on his/her development.

All programmes are all-inclusive and take place in beautiful isolated locations.

In-house versions are also available, though these programmes are more effective when held away from the usual work environment.

All programmes and talks are tailor-made. Each session is specially designed to suit the individual needs of the client.



Further Options

- **Individual Excellence**

Individual one-on-one personal development sessions. For anyone at a crossroads in their personal or professional lives or simply wishing to develop in any of these areas. Adapted to each individual according to his/her specific needs.

- **Sports Programmes**

Specially designed talks and programmes for sportspeople and athletes of all levels. The focus of these courses and talks is long-term injury avoidance, base training, strategy, mental preparation, base health: nutrition, hydration & supplementation.

- **Motivational Concert**

For major corporate events, major celebrations, campaigns, etc.

A totally unique and highly inspirational version of the motivational talk – this 1 ½ hour event is a combination of motivational talk combined with live songs from the 80s up to the present day. Each section of the talk is represented by a song. Themes cover topics such as belief in self, overcoming obstacles, determination, resilience, positive attitude, and teamwork among others.

Please see website for promotional video clip and further information.

Essential Series

7-day programmes

A unique series of programmes, each one covering a wide area of development: executive, individual, sports, and other areas of interest.

- **Essential Executive Endurance** – programme for holistic and long-term executive performance
- **Essential Development** – tailor-made holistic personal & professional development programme
- **Essential Transformation** – demanding in-depth personal voyage of transformation
- **Essential Running Camp** – all the information for long term injury-free running
- **Essential Endurance Running Camp** – advanced running development programme
- **Essential Running Adventure** – 7-day running adventure camp spending each night in a different unique location

All Essential programmes are all-inclusive and take place in beautiful isolated locations ideal for disconnecting from the stress of daily life and for focusing on holistic development. Please contact us to inquire for more details and dates:
info@alexlivingexcellence.com

Be Excellent!

ALEX LIVING EXCELLENCE

Alexandra Panayotou is a charismatic motivational speaker and executive coach who works in personal and professional development. Her insight into and her understanding of the human process is developed from her outstanding success as an endurance athlete, combined with her academic background in psychology and philosophy. Alex regularly presents to and works with leading executives of top global business organisations, including Danone, Telefonica, Coca-Cola, IESE Business School.

An example that it's never too late to start afresh, Alex began running at 30 and in 4 years of self-training reached championship level: 2nd in the Barcelona Marathon and 4th in the Greek championships. After winning many races, she began running solo ultra challenges for charity. Her last and final extreme solo running challenge was running 400 km almost

non-stop (sleeping only 5 hours during the 76.5 hour challenge).

She achieved all her 13 challenges – one of the few athletes in the world, who have never abandoned a challenge or race. She has achieved physical and mental feats that few people are capable of. During her athletic career Alex developed a strong base of principles, values, and tools for overcoming obstacles and achieving goals. Her philosophy of Personal Excellence forms the foundation of all she does. She is currently working on her 2nd book.

Her methods for success are easily applicable to all areas of life - business, personal, and leisure. Her executive development programs not only deal with the development of executives as individuals and leaders, but also provide all the key secrets and tools for long-term executive success and endurance.

Please see website for video clip of Alex speaking.

“Attending one of Alex’s sessions should be made an obligation for any aspiring, developing or experienced leader. The values, attitudes and behaviors that stand behind her pursuit of individual and team excellence are truly inspirational.”

Prof. Markus Maedler, IESE Business School, Barcelona, Spain

“Alexandra is a captivating speaker and through sharing her own journey, motivated the audience to think bigger and expand their ideas of what is possible in their own lives. She is authentic and natural - something I hugely appreciate.”

Kristin Engvig, Founder WIN & WINConference

“Alexandra Panayotou is one of the most inspirational guest speakers we have had the pleasure of hosting in our annual Coca-Cola Eurasia Africa Marketing Summit. Her time with us was interactive and mind-opening. Her personal story was extraordinary. The lessons she took away from her experiences as an ultra-endurance athlete were both provocative and reaffirming in how we think and behave both as leaders and team members, whether at work or play. She left us with a smile on our faces, with renewed passion and belief...in ourselves, our teams and what can be achieved when we put our minds to it.”

Jean Francois Dekimpe, EAG Marketing & CCL Director Coca-Cola Eurasia & Africa Group