



Lead Yourself & Multiply Others

Every organization wants their team to win and be successful. In order to create sustained results, leaders must possess high-performance skills that will help move organizations from strategy to execution. **Crushing It** combines neuroscience, positive psychology, behavioral psychology, and high-performance principles that will help you sharpen new skills creating habits for sustained success. **Crushing It** provides a roadmap for accelerating your performance and creating sustainable results. **Crushing It** is delivered with high energy and highly engaging exercises that will create a fun learning environment and provide practical applications that can be immediately applied to help you **Crush It**.

*“We are what we repeatedly do. Excellence, therefore is not an act, but a habit”
- Aristotle*

Key takeaways:

- **Discover the three habits that impacts each individual personally for elevating one’s performance.**
- **Identify the three habits which have a direct impact socially on performance.**
- **Discover the vital questions that will create an immediate shift in one’s performance.**

Speaking with Purpose & Passion to elevate Potential & Performance

What People are Saying:

Great energy and Mark made it all of fun.

Mark communicated with such conviction and passion that I left the classroom feeling better.

The instructor really knows what he is talking about and he really explained in a way that I got it.

I was very impressed with this class. Love the laughing, and exercises. Powerful and motivating.

Best Speaker I've heard.

Independent John Maxwell Speaker, Trainer, & Coach



Two-time Amazon Best Selling Author



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