



## EXECUTIVE INNER WORK

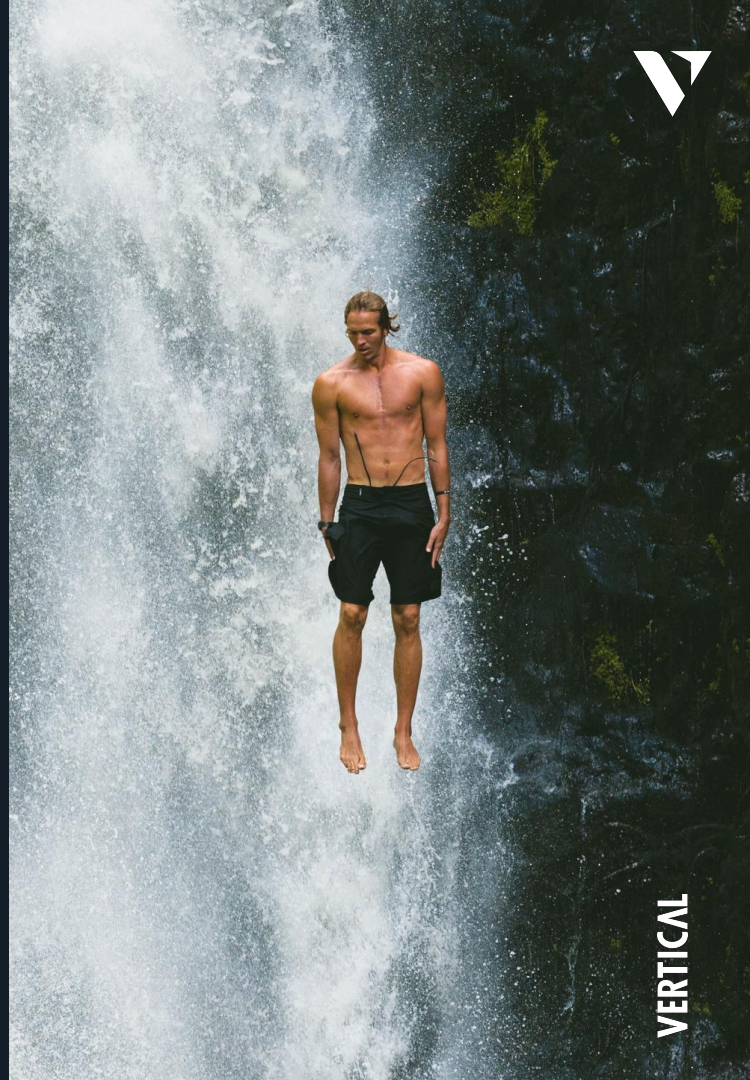
# Peak Performance & Flow States

How to **become a PEAK PERFORMER** - *Without Burning Out and Wasting Time."*

Achim Feige - CEO & Co Founder

Daniel Pålsson - Flow Master & Peak Performance Trainer

VERTICAL Development, Berlin, Lisbon, Malmö/CPH & Oslo

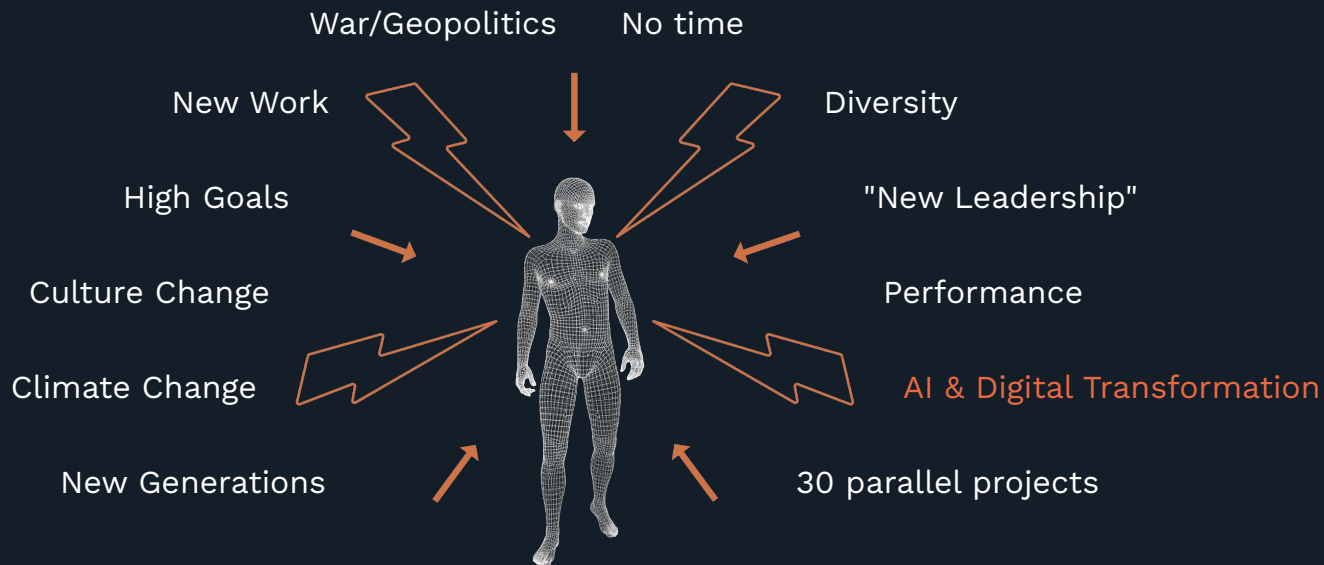


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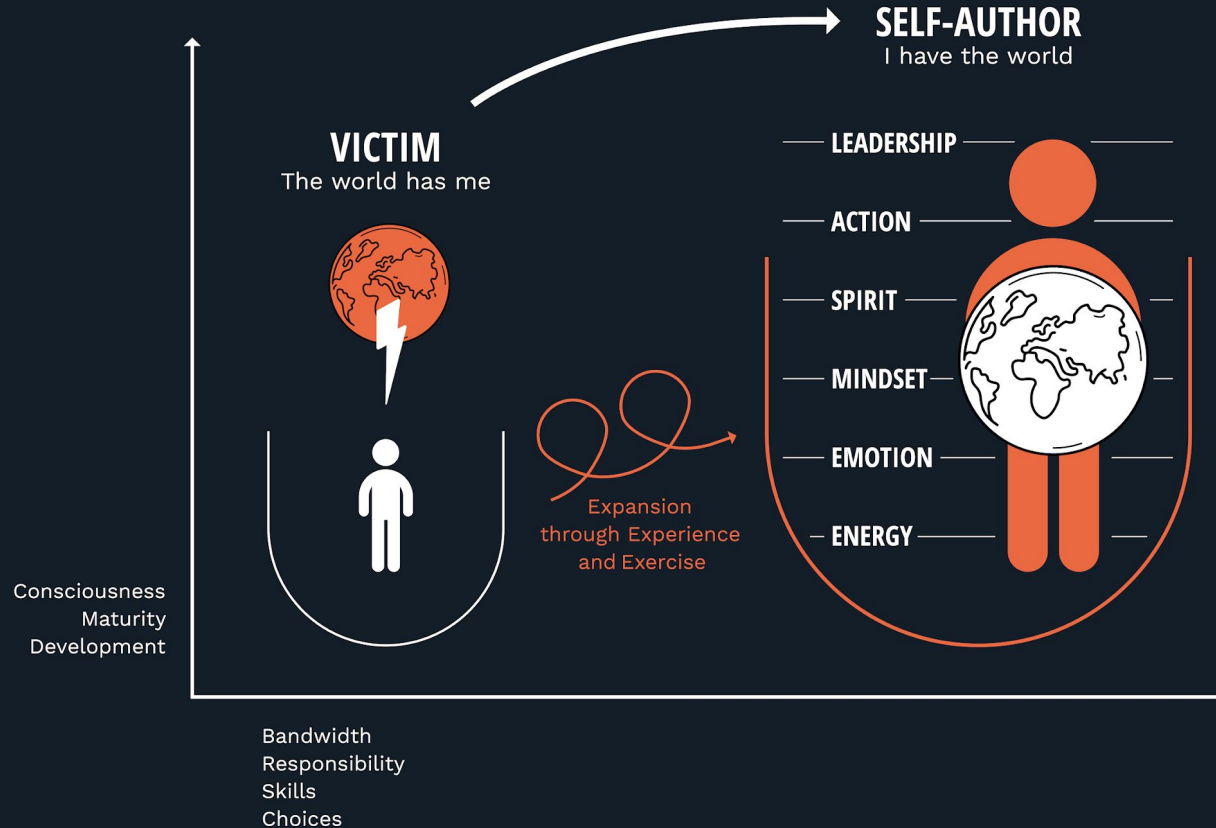
# The challenge

Overloaded, overworked and overwhelmed.  
Despite performance will (or because of it)



*"The world has me. I can't and I don't want to anymore." or  
"I want to master everything, but I don't know how."*

# Trans-form = The Form, capacity grows



# Who we are – VERTICAL Development



## Our Team



**10** Experts

**20** Partner

**5** Nations

## Our Vision

We exist to grow leaders becoming their best selves, transforming their companies, and mastering the paradigm shift – *with higher consciousness, open hearts, strong back, and courageous actions*

## Our Clients

**+1.200**

leaders

**+16**

countries

**4.7**

Stars (from 5)

fressnapf

Breuninger

DELTA

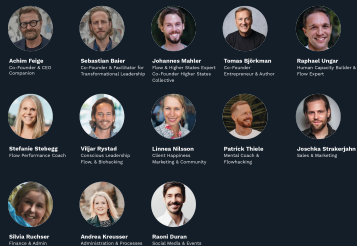
Roche

BIONTECH

Quirion

VERTICAL

## THE HOT CORE



## THE COLLECTIVE

### The Executive Coaches



### The Facilitator & Leadership Coaches



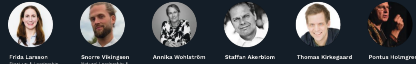
### The Mindfulness & Inner Work Experts



### The Experience Designers



### The Nordic Leadership Experts

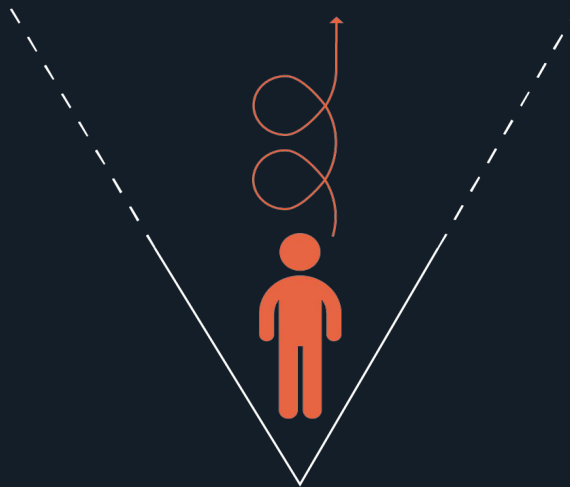


### The Board of Advisors



# The entire world of transformation in ONE training system.

## TRANSFORMATION GUARANTEED

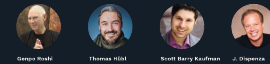


## AUNTS & UNCLES

### Integral/Vertical



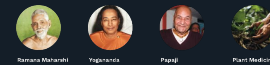
### Transcendence



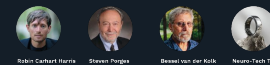
### Flow & Peak Performance



### Consciousness



### Neuroscience & Embodiment

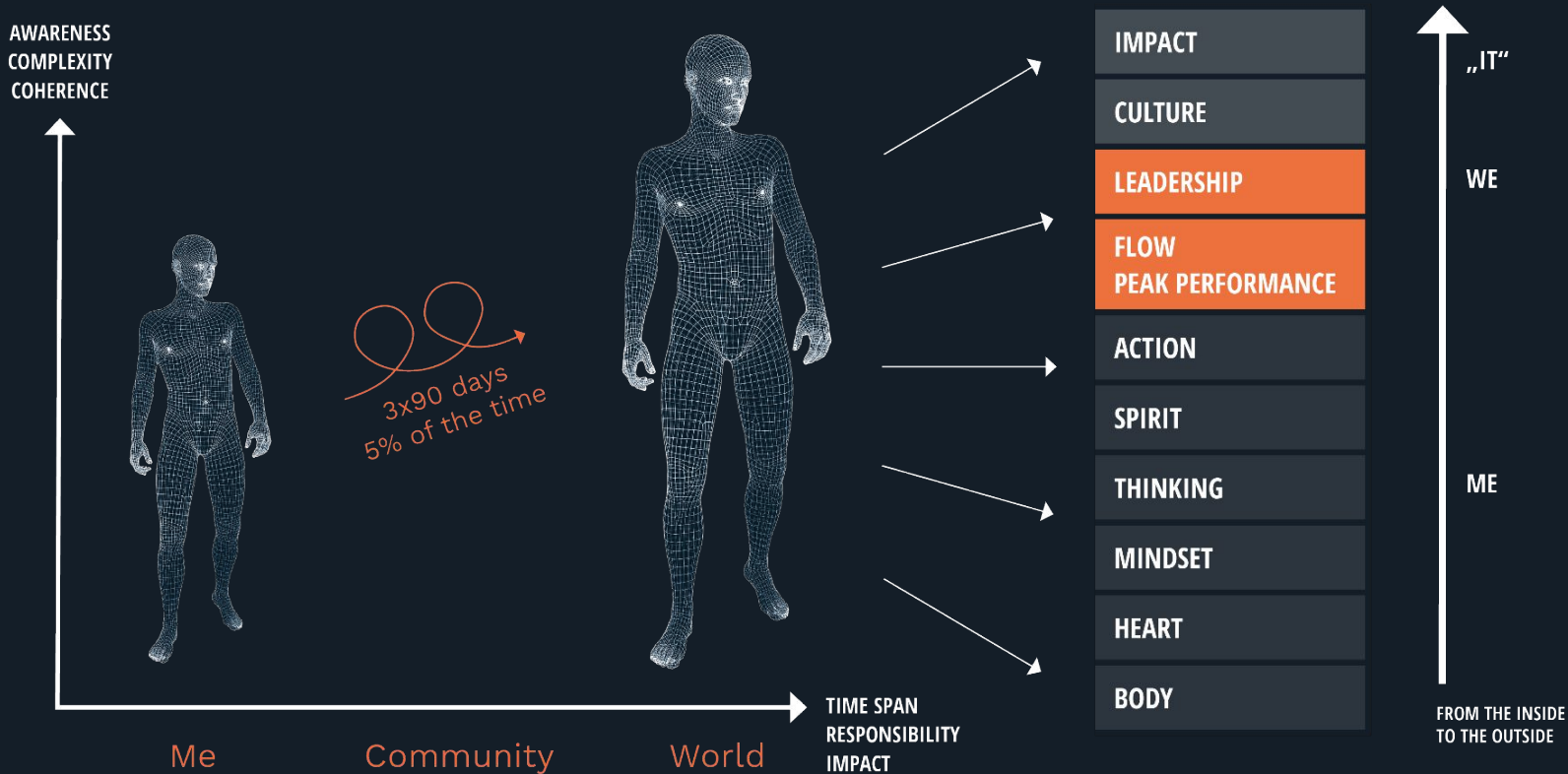


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# Our Solution

The 10 essential perspectives, leadership qualities and starting points for a successful transformation in **just ONE** training program:







**External growth needs internal growth**

**How do I grow beyond my own limitations?**

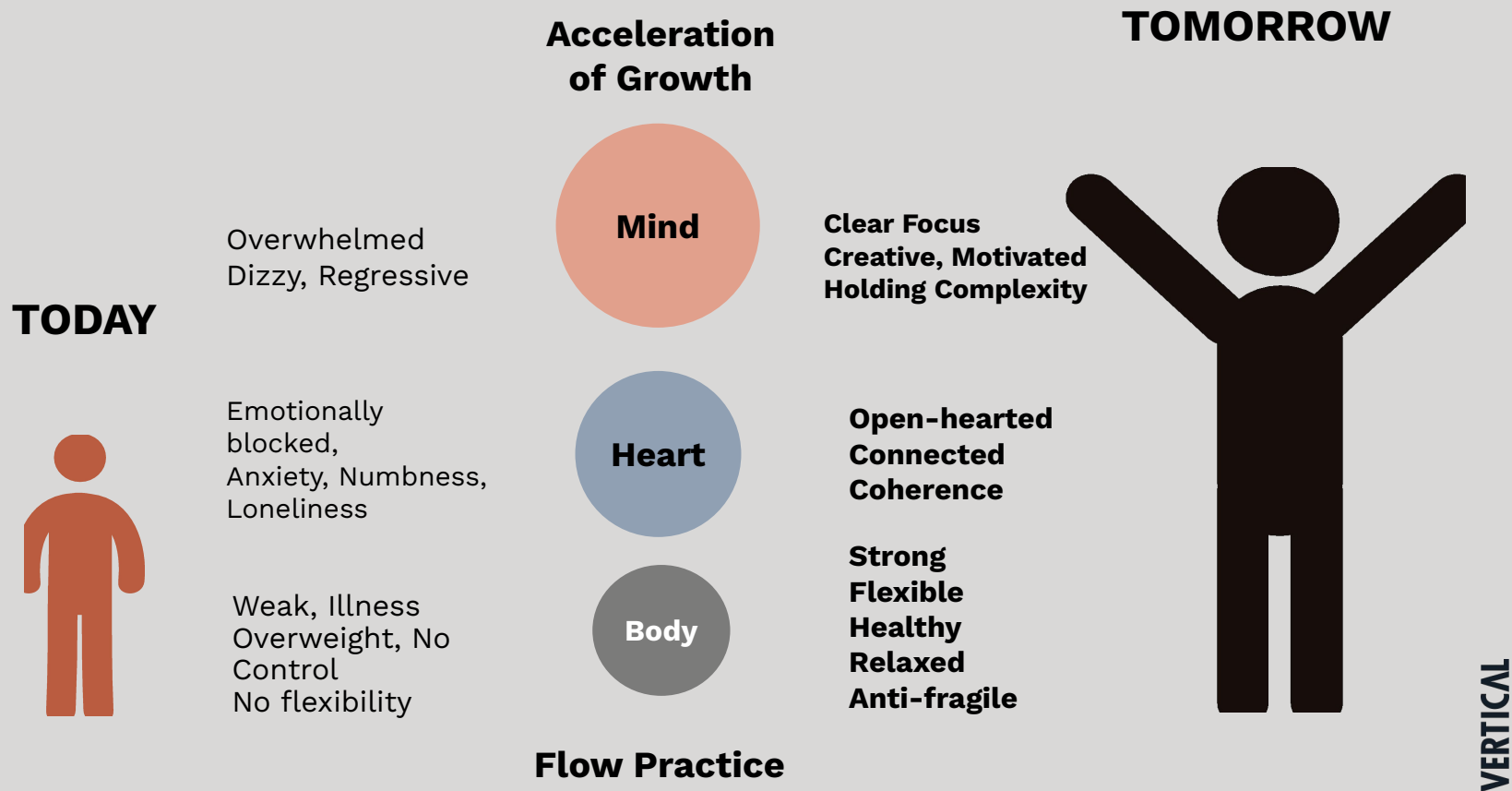
Faster, more easily and more humanely than ever before?



# Training, not therapy

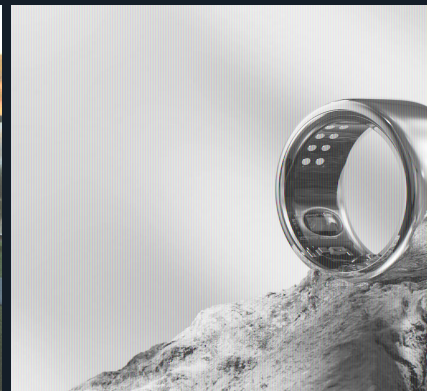


ON ALL LEVELS: with **regular Flow practices** we can evolve towards more  
consciousness, compassion, creativity, choice, with a clear inner compass.





# MORE **FLOW & PERSONAL** TRANSFORMATION AS A PREREQUISITE FOR BUSINESS TRANSFORMATION

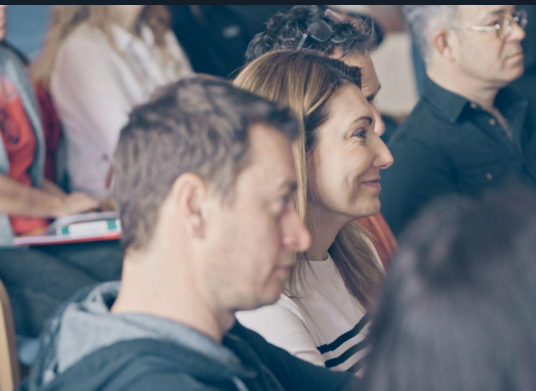


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# HIGH TRUST, HIGH FLOW, HIGH PERFORMANCE TEAM

without burning out.  
With a lot of fun!



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Fundamental assumption:

***„stressed leader-stress people“***

*And*

*„Burned leader- burn the planet“*



# The Vagus Nerve – Connection between brain and body

(20/80): The boss of the autonomic nervous system. No separation!



“Safety first”

Cerebral  
“Ego”

Amygdala

= Fear

= Fright / Flight/ Fight /Submit

Cerebellum

## Parasympathetic nervous system

### 3. “Social connections, competition”

#### 4. Creative play

- Openness
- Being connected

#### 5. Relaxation and learning

- Repair
- Integration
- Sleep/recuperation

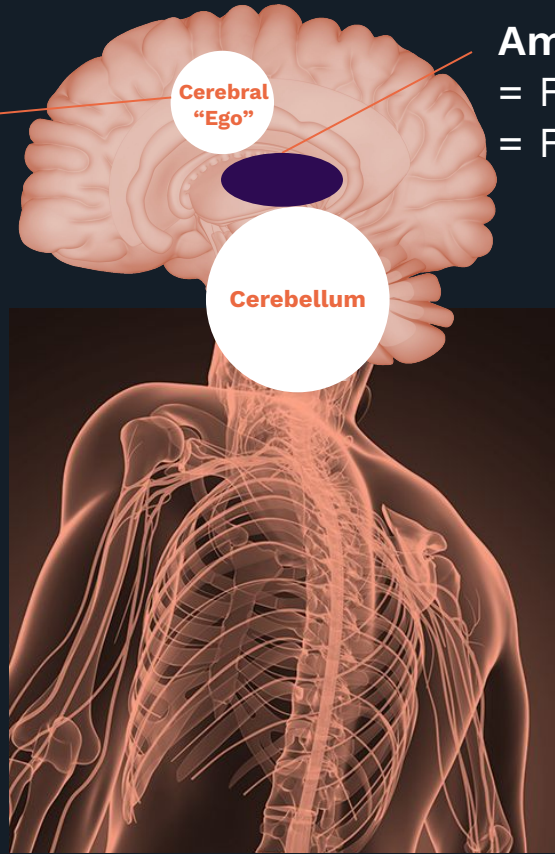
## Sympathetic nervous system

### 2. Mobility through fear

- High blood pressure
- Strong breathing
- High focus
- Stress
- “Ego-centric”

### 1. Immobility through fear

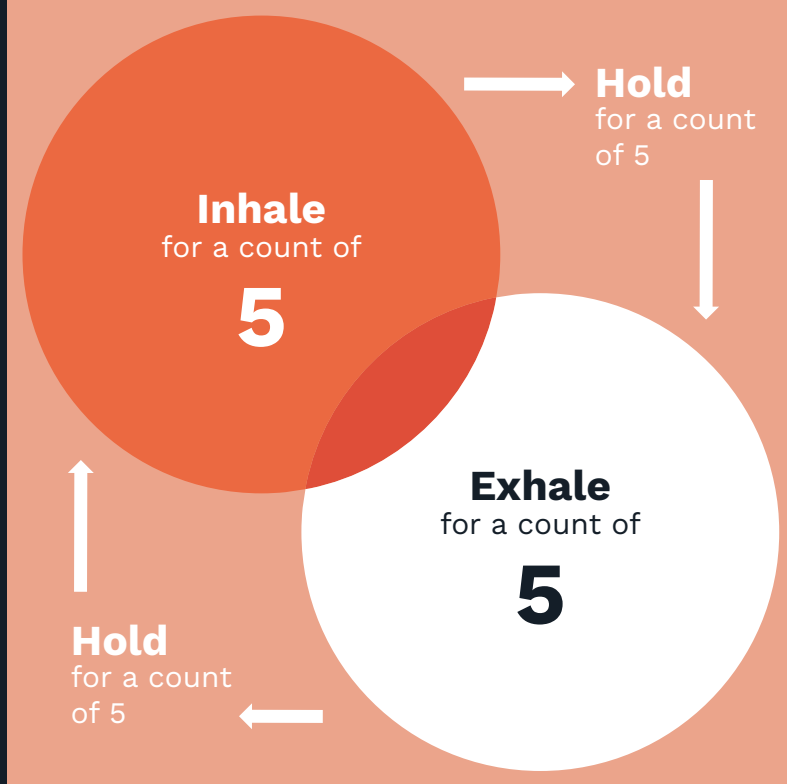
- Death simulation
- Fear
- Cynicism, isolation
- Depression





# Box Breathing of the Navy Seals:

## Focused relaxation...





**The flow promise:** It really works in everyday life and at work. Because it is neurobiology. It works for everyone.



**+430%**

Increase in creative problem  
solving

University of Sydney



**+490%**

Faster skill acquisition

Advanced Brain Monitoring  
& DARPA



**3 Days**

of heightened creativity after  
the flow state

Harvard



**500%**

Increase in executives  
productivity

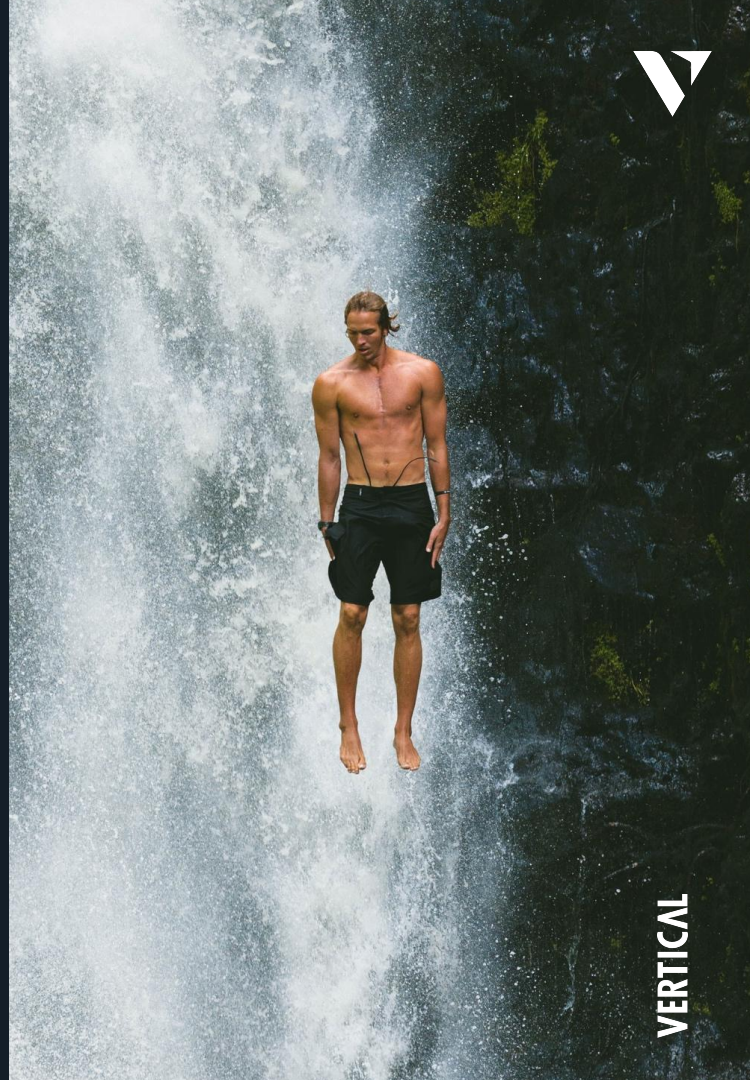
McKinsey

McKinsey  
& Company

# Breathing & peak performance

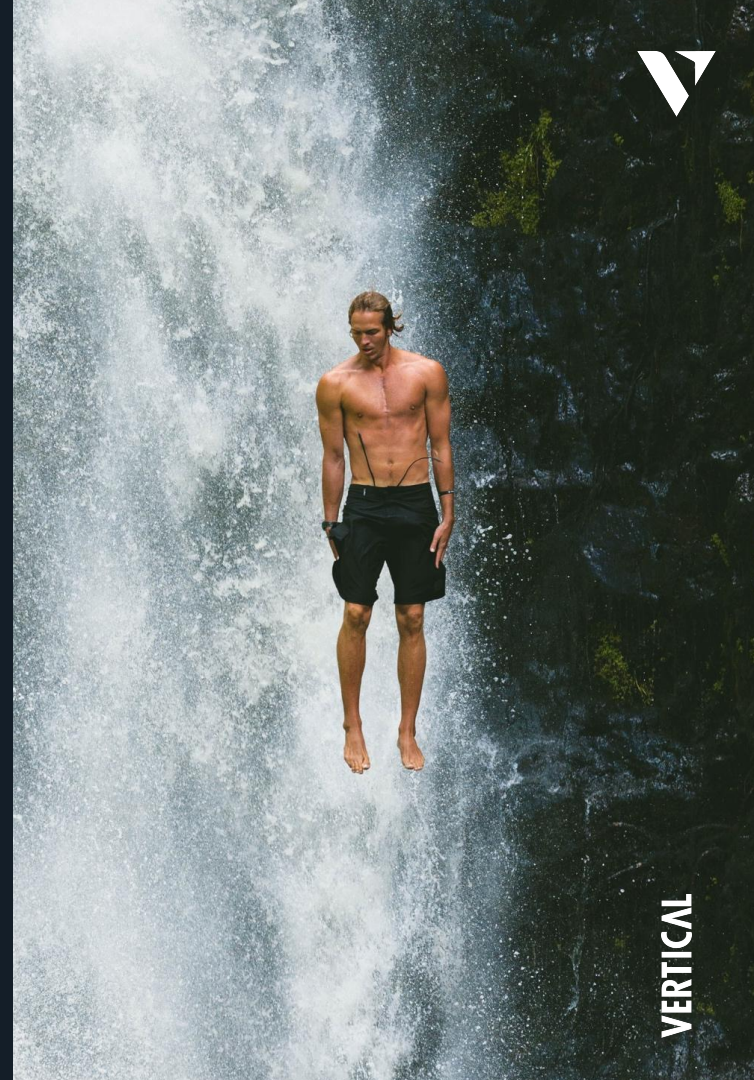
Breathing pace - Heart Rate - Brain waves -  
Focus - Performance & Flow

How to breathe - 360 breathing  
Slow breathing  
Box Breathing



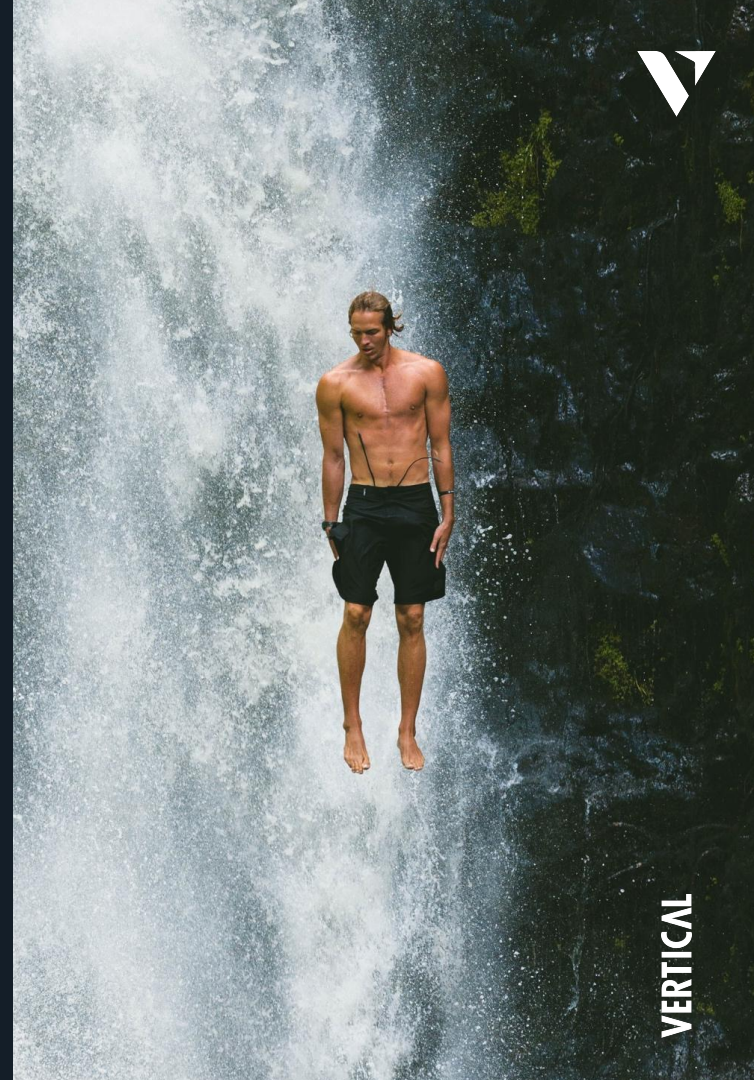
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# Flow – A temporary biological upgrade





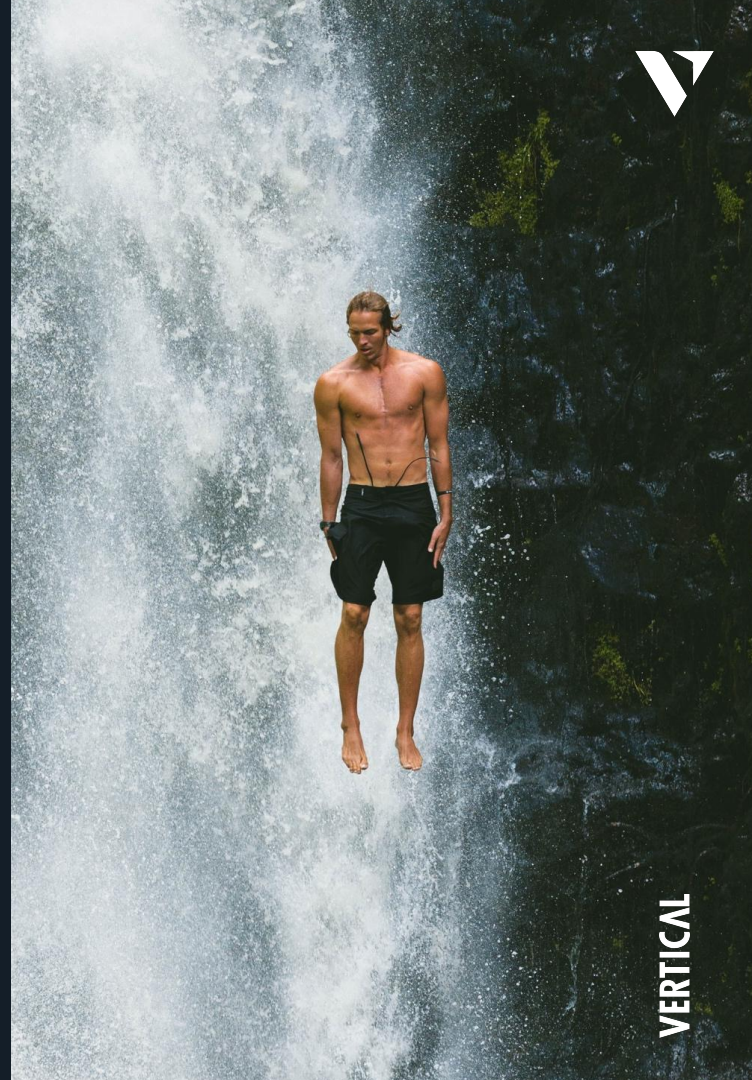
# Flow – Release of neurochemicals



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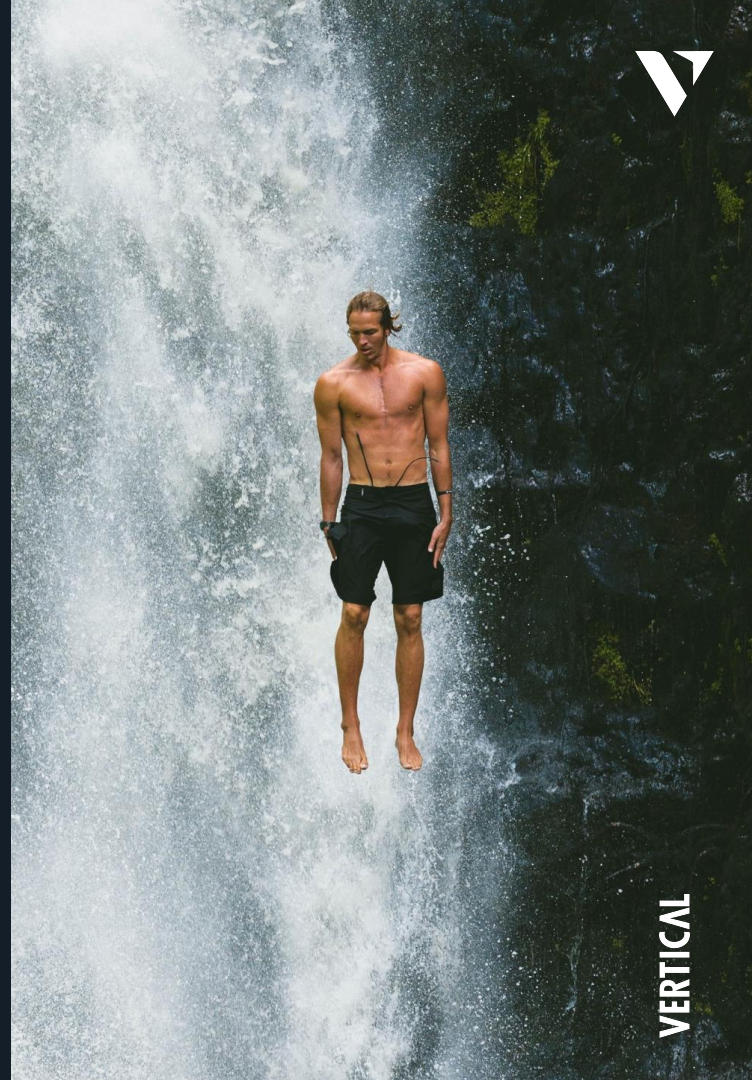


# Flow – A shift in brainwaves



# The flow cycle

Struggle  
Release  
Flow  
Recovery



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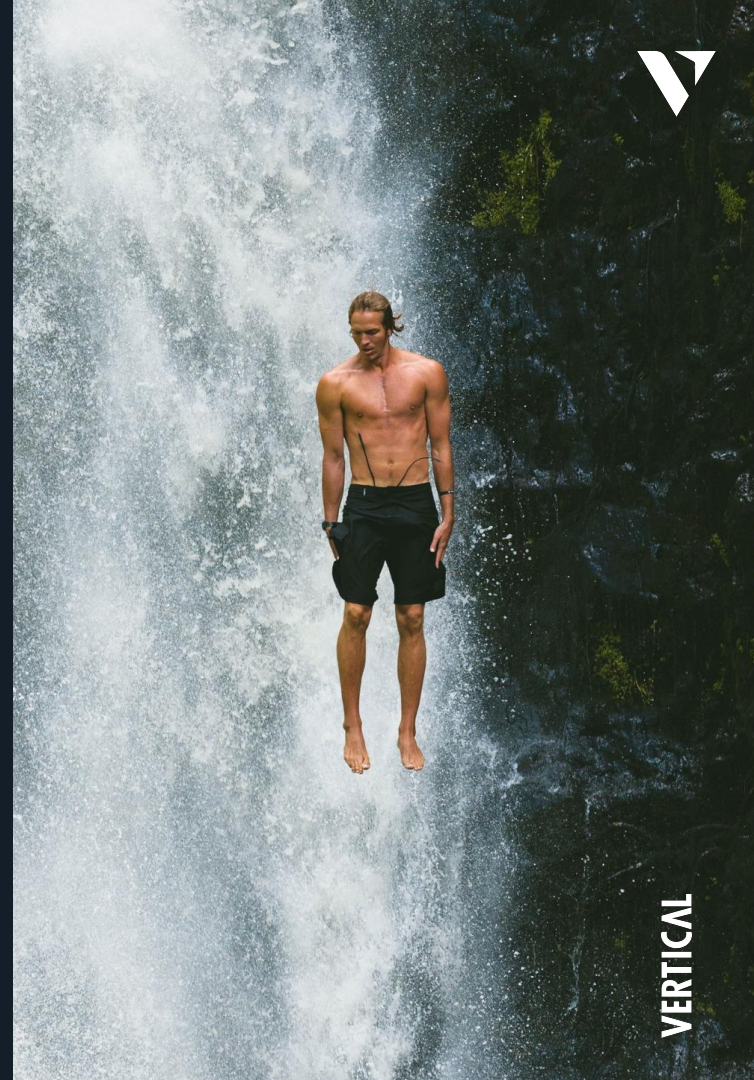


# 3 key flow triggers

Clear goal

Skill to Challenge match

Immediate feedback



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# Breathing focus test

Combining flow sequence + 3 key flow triggers

Start a timer

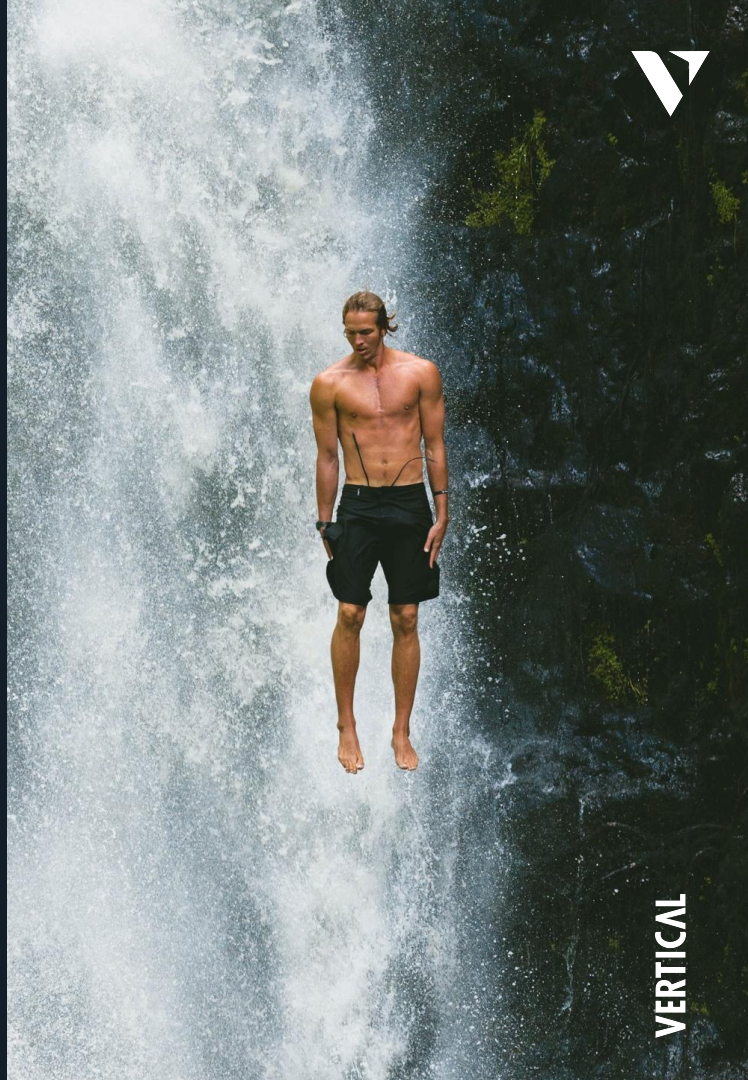
Close the eyes

Breathe in for 5 seconds, Out for 5 seconds

6 rounds while counting in your head

Aim to hit exactly 60 seconds - clear goal

Open the eyes after 6 rounds and get  
immediate feedback + skill to challenge match



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# Growth mindset & visualization test

3 key flow triggers

Rotate arm as far back as possible  
Do 3 more rounds only in the mind  
Make each round one step further  
Repeat the test and measure improvement



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Book a free consultation call [here](#)

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*“We don’t rise to the level of our expectations,  
we fall to the level of our training.”*

Archilochus