

TRANSFORM YOUR HEALTH, WEALTH, AND RELATIONSHIPS WITH 3 SIMPLE PHONE ALARMS



ERIC PARTAKER

CEO OF THE YEAR, BRITAIN'S MOST
DISRUPTIVE ENTREPRENEURS, PEAK
PERFORMANCE EXPERT



As a Peak Performance Expert Eric Partaker helps CEOs and entrepreneurs scale-up themselves and their companies, while also improving their well-being. Within his approach he draws from his time advising Fortune 50 CEOs at McKinsey, his experience helping build up Skype's multi-billion dollar success story, and his own entrepreneurial journeys — together with behavioural science from Stanford University, as well as techniques from the worlds of elite sports and the military, areas where peak performance is key. Eric has been named UK "CEO of the Year" at the 2019 Business Excellence Awards, one of the "Top 30 Entrepreneurs in the UK", 35 and under, by Startups Magazine, and among "Britain's Most Disruptive Entrepreneurs" by The Telegraph. His work has been featured on over 7 major TV stations, in the Wall Street Journal, and The Economist. He has also appeared as a guest judge on The Apprentice with Lord Alan Sugar.

TOPICS TO DISCUSS

- How 3 simple phone alarms can transform your health, wealth & relationships
- How you can design productivity into your day with a powerful evening and morning routine
- How you can add 13 weeks to your life every year
- How the 80/20 rule can cure perfectionism and improve productivity at the same time
- How you can more than 3x the chance of achieving your goals
- How you can build your antifragility and turn stress into strength



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