



**TOWARDS  
VIVENCIA**

**ONE YEAR TRAINING**

Over the last couple of years, we've been building a variety of training programmes that apply our research on peak performative states of mind into everyday situations. Our main goal is to share the tools that have helped already hundreds of people to increase motivation, erase boredom and build a very cohesive community with work colleagues. That's why we have created a unique online training programme leading people on a journey that lasts 180 days.

## WHY WE'VE CREATED THIS TRAINING:

01

We want people to take their performance in life to the next level beyond the known realm of traditional training. To trigger those moments of magic we all have experienced in special circumstances, but this time train them and replicate them reliably through our everyday practices at will.

02

With so much self-help information circulating around these days, it is easy to be inspired by a certain life hack, but then rarely implement those ideas into our daily routine. This training has a huge impact on its participants due to the subtle continuity. With only 5 mins a day this practice extends well beyond a single workshop or TED talk.

03

Life can be extremely demanding and distracting... You want to start a training regime to improve your life, but you have to: drive the kids to school, go to work, do a food shop, pick up the dry cleaning, pick up after the kids. This training not only gives you continuity in your training but also helps you establish a long term structure... One of the previous participants said: *It is giving me a "routine" training in a "no routine" life and by almost not having to do anything extra, this training was present in all areas of my life*

## WHAT YOU WILL TRAIN

# WHAT ?

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## ENTERING VIVENCIA 6 WEEKS

- Acquiring skills
- Collateral training
- Demystification of the act of performing: embodying presence

## DURING PERFORMANCE 6 WEEKS

- Games are a serious thing
- Collateral training
- The doer

## EXITING PERFORMANCE 6 WEEKS

- Cool down
- Reflection
- Transference to daily life: case study

## PERSONALISATION AND FUTURE ACTIONS 6 WEEKS

## SO... HOW DOES IT WORK?

HOW ?

01

We will work on a different concept around peak performance every two weeks.

02

We will post a detailed video to our private Facebook group outlining a task for our participants to integrate into their daily routine.

The focus of these tasks is NOT to add more things to your to-do-list, BUT to change the way you do things.

03

You will dedicate as much or as little time as you want to your training... Sometimes you don't even have to do anything extra; just do what you need to do everyday, but approach it slightly differently.

04

You will log your progress through an online doc and post a report on our Private Facebook group every two weeks... 1 or 2 paragraphs will be enough...

All in all, the minimum requirement is to dedicate 20 mins every two weeks to the group plus apply the principles of each unit. Of course the more time you dedicate use this training for your practice the more you will see the benefits.

## WHY IS THE TRAINING ONLINE?

ONLINE

This is an exciting time in human history. Through social media, we can gather and work together without the need to be in the same geographical space. Previous participants have been based in the UK, Spain, Malta, Argentina, Finland and the USA to name a few.

Also, the daily grind can get lonely sometimes. The online community of Towards Vivencia has made people feel that they are part of something bigger. By gathering online, we become completely independent from offices, buildings, countries, etc.

We become our own tribe, where we are all invested in each other's growth and well-being.

This is our training and it belongs to us.

# TESTIMONIALS

## CURRENT PARTICIPANTS TESTIMONIALS

*This training very clearly shows how powerful commitment, decision-making and continuity can be. It definitely took my performativity to the next level.*

*It has already given me numerous ways of guidance, regarding how to engage with my struggle to develop my own projects or how to stay focused on daily commitments. The pragmatism and playfulness have especially helped me to keep reflecting and acting towards growth.*

*A programme that allows you to focus on specific tasks building a community and working with one another whilst also being a very individual programme. An intensive and constant programme.*

*... you to get used to being out of your comfort zone, to feel under control when on the edge... It helps you to recognize whatever is going on especially in your mind and channel it in the right direction according to situations.*

## SEE YOU IN THE ARENA

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UNFOLDING THE SECRET OF PEAK PERFORMANCE

