

# Authentic Peak Performance

Workshops at Interact Studio  
April – June 2009 Schedule



If we want real credibility, this era of uncertainty is demanding more of us. It demands that we become authentic and gain the credibility that only comes from acute self awareness.

To do this, you need to embrace development just like professional athletes do. Systematic development will help you enhance Focus, manage Energy and grow the capacity to design your own Breakthrough.

Authentic Peak Performers are very rare... becoming one will release your giftedness and allow you to not only lead but go beyond personal best.

This is a catalogue of innovative workshops designed for Authentic Peak Performers.

You are invited to attend our Open House and sample their contents on Thursday, May 7 from 5:30 to 7:30 pm at Interact Studio.

- How to Become a Peak Performer
- Find Your E.D.G.E.
- The Amazingly Creative Executive
- Design Your Plan B Blueprint
- Your Authentic Style
- Interact Live

## Workshops Location:

Interact Studio  
1435 West Morehead Street  
Studio 210 - Charlotte, NC 28208  
704.374.0423 Studio  
[www.InteractSkills.com](http://www.InteractSkills.com)

Presented by:



## April – June 2009 Schedule

Workshop	Dates	Price						
<b>How to Become a Peak Performer – 4 hours</b>								
<p><b>Description:</b> The quality of your life as a business executive is directly proportional to your ability to manage your physical, emotional and intellectual energy. This workshop will teach you how to achieve and maintain your <b>Ideal Performance State [IPS]</b> through a multi-dimensional training program, just like professional athletes do.</p> <p><b>Directed by: Carlos Salum</b></p> <p>To Register, please visit:  <a href="http://www.saluminternational.com/interact">http://www.saluminternational.com/interact</a></p>	<p>Choose from two available dates:</p> <table> <tr> <td>May</td> <td>Tuesday 12</td> <td>8 am – 12 pm</td> </tr> <tr> <td>June</td> <td>Tuesday 16</td> <td>8 am – 12 pm</td> </tr> </table> <ul style="list-style-type: none"> <li>• Operate in your Ideal Performance State</li> <li>• Create a personal training plan to increase your energy capacity</li> <li>• Become resilient under pressure</li> <li>• Schedule focused, planning and recovery days every week</li> <li>• Monitor your progress and calibrate your Blueprint</li> <li>• Feel the power of leading by example</li> </ul>	May	Tuesday 12	8 am – 12 pm	June	Tuesday 16	8 am – 12 pm	\$195.00
May	Tuesday 12	8 am – 12 pm						
June	Tuesday 16	8 am – 12 pm						
<b>Find Your E.D.G.E. – 4 hours</b>								
<p><b>Description:</b> The workshop teaches how to maximize four key elements of Peak Performance: <b>Energy, Direction, Goals and Execution (E.D.G.E.)</b>, to help you get organized and obtain exponential results.</p> <p><b>Directed by: Carson Tate and Carlos Salum</b></p> <p>To Register, please visit:  <a href="http://www.saluminternational.com/interact">http://www.saluminternational.com/interact</a></p>	<p>Choose from two available dates:</p> <table> <tr> <td>May</td> <td>Friday 29</td> <td>8 am – 12 pm</td> </tr> <tr> <td>June</td> <td>Thursday 18</td> <td>8 am – 12 pm</td> </tr> </table> <ul style="list-style-type: none"> <li>• Establish a systematic training approach</li> <li>• Manage energy not time</li> <li>• Deconstruct clutter</li> <li>• Establish Priorities in your Schedule</li> <li>• Boost Per Hour Results</li> <li>• Develop new rituals</li> <li>• Monitor your progress</li> </ul>	May	Friday 29	8 am – 12 pm	June	Thursday 18	8 am – 12 pm	\$195.00
May	Friday 29	8 am – 12 pm						
June	Thursday 18	8 am – 12 pm						

**OPEN HOUSE – Thursday, May 7 from 5:30 to 7:30 pm**

To register, please visit: <http://www.saluminternational.com/interact>

Workshop	Dates	Price
<b>The Amazingly Creative Executive – 4 hours</b>		
<p><b>Description:</b> The current state of the economy demands that we look for alternatives and new sources of revenue. This workshop expands your <b>creative thinking skills</b>, so you can systematically <b>create extraordinary value</b> for your organization.</p> <p><b>Directed by:</b> Carlos Salum</p> <p>To Register, please visit:  <a href="http://www.saluminternational.com/interact">http://www.saluminternational.com/interact</a></p>	<p>June      Friday 5      8 am – 2 pm</p> <ul style="list-style-type: none"> <li>• Increase your thinking skills</li> <li>• Learn how to expand your creativity</li> <li>• Become a great problem solver</li> <li>• Establish a creativity training program</li> <li>• Improve your Leadership, Negotiation, Teambuilding and Sales skills</li> </ul>	\$195.00
<b>Design Your Plan B Blueprint – 18 hours (6 Sessions)</b>		
<p><b>Description:</b> As an <b>executive in transition</b>, you must take this opportunity to recalibrate your Focus, your Energy and your Creativity to implement “what can be” based on a practical, realistic and inspirational <b>blueprint</b> for systematic accomplishments.</p> <p><b>Directed by:</b> Lou Solomon and Carlos Salum</p> <p>To Register, please visit:  <a href="http://www.saluminternational.com/interact">http://www.saluminternational.com/interact</a></p>	<p>April      Mon. 27      8 am – 11 am  May      Mon. 4-11-18      8 am – 11 am  June      Mon. 1-8      8 am – 11 am</p> <ul style="list-style-type: none"> <li>• Discover you thinking strengths</li> <li>• Match your values with your goals</li> <li>• Explore new opportunities to excel</li> <li>• Create your personal success blueprint</li> <li>• Monitor your transition process</li> <li>• Get feedback from qualified experts</li> </ul>	\$345.00
<b>Your Authentic Style - Authentic Speaking – 11.5 hours</b>		
<p><b>Description:</b> This workshop helps you maximize your authentic speaking style to enhance your credibility and natural authority.</p> <p><b>Authentic speakers:</b></p> <ul style="list-style-type: none"> <li>• <b>Speak in a real, relaxed and conversational way</b></li> <li>• <b>Share stories that involve listeners in an experience</b></li> <li>• <b>Speak with passion and commitment</b></li> <li>• <b>Speak from who they really are</b></li> <li>• <b>Speak with a sincere intention to share value</b></li> </ul> <p><b>Directed by:</b> Lou Solomon</p> <p>To Register, please visit:  <a href="http://www.interactskills.com">http://www.interactskills.com</a></p>	<p>June      Day 1, June 18      2 pm – 5 pm              Day 2, June 19      8 am – 4:30 pm</p> <p><b>Course package:</b></p> <ol style="list-style-type: none"> <li>1. Pre-course Assessment</li> <li>2. Two course facilitators plus cameraman</li> <li>3. Video viewing during course</li> <li>4. Six video-taped presentations with extensive feedback</li> <li>5. A Video DVD at the conclusion of the course</li> <li>6. Individual coaching summary provided within a few days of the course</li> </ol>	\$750.00



**Interact Live** is a unique leadership series presented by Salum International and Interact. The series consists of six events, each showcasing fascinating thinkers with a facilitator to spark rich dialogue.

**Subscribers** will not only attend these events, they will engage the speakers, participate in vibrant discussion and take-away real ideas they can put into action.

Events will take place at the Interact Studio in an atmosphere of hospitality, creativity and solutions. The final event will take place at the beautiful Zebra Restaurant, where we will gather to assess the experience of the series.

We are offering a one-time pilot program subscription rate of \$450, which includes:

1. **Subscription Pass:** Your individual pass is transferable. If you cannot make one of the events, send someone you are mentoring.
2. **On-Line Access:** We will make the series available by podcast on a site that is accessible by subscribers only, along with any of the materials used in the session.
3. **Interact Live VIP Dinner:** We are partnering with Zebra Restaurant to host a closing celebration for a reasonable ticket of \$50 per person.

#### Interact Live Leadership Track

Session Number	Topic	Date
Session One	<b>Authentic Leadership</b>	Tuesday, April 21
Session Two	<b>Fabulous Failures</b>	Tuesday, May 19
Session Three	<b>Leadership in Action</b>	Tuesday, June 23
Session Four	<b>Entrepreneurship</b>	Tuesday, Sept 22
Session Five	<b>Simplicity</b>	Tuesday, Oct 20
Session Six	<b>The Future of Leadership</b>	Tuesday, Nov 17



**OPEN HOUSE – Thursday, May 7 from 5:30 to 7:30 pm**

To register, please visit: <http://www.saluminternational.com/interact>

## ABOUT THE WORKSHOP DIRECTORS:



**Carson Tate, CPO**, is the Founder and President of Working Simply, LLC, a productivity consulting and professional organizing firm that works with individuals and corporations to improve performance and profitability. Carson is a Certified Professional Organizer, CPO and an Authorized Consultant for the Paper Tiger Productivity Institute (PTPI). Carson is the winner of Charlotte Magazine's BOB Award, for Best Personal Organizer 2007. She was also recognized by the *Charlotte Business Journal* in 2007 as a 40 Under 40. Carson was a columnist in a weekly series, "In Closing," a column on sales, in the Sunday MoneyWise section of the *Charlotte Observer*. For a complete profile, please visit: [www.workingsimply.com](http://www.workingsimply.com)



**Lou Solomon** is the author of a new book, *Say Something Real – Humanizing Communication as Today's Best Business Strategy*, CEO of Interact Skills and a writer for the Charlotte Business Journal column, "Interacting in Business." Interact Skills is a development firm that specializes in Authentic Communication. Programs offered include consulting, on-camera sessions and leadership coaching. A broadcast veteran, Lou has been in the communications business for more than 25 years. She currently studies at the McColl School of Business at Queens University of Charlotte. For a complete profile, please visit: [www.InteractSkills.com](http://www.InteractSkills.com)



**Carlos Salum** is the president of Salum International Resources, a produced international playwright and a tennis coach who contributed to the careers of outstanding tennis players such as Gabriela Sabatini (U.S. Open champion, 1990) and Sergi Bruguera (French Open champion, 1993-94) and the Argentine and Italian Davis Cup Teams, among many others. **Salum International** is a management consulting firm based in Charlotte, North Carolina, USA. Carlos is the developer of **Performance Architecture**, a process that helps executives design a personalized blueprint for achieving peak performance, based on key training principles utilized by world-class athletes and sports teams. His clients are global corporations with headquarters in the USA, Europe, Asia and Latin America. For a complete profile, please visit [www.saluminternational.com](http://www.saluminternational.com)

**OPEN HOUSE – Thursday, May 7 from 5:30 to 7:30 pm**

To register, please visit: <http://www.saluminternational.com/interact>

For more information, please contact:

Lou Solomon - [lou@interactskills.com](mailto:lou@interactskills.com)

Carlos Salum - [csalum@saluminternational.com](mailto:csalum@saluminternational.com)