

PERSONAL & PERFORMANCE DEVELOPMENT WORKSHOP



Being a successful Adastra scholarship recipient is more than just a grant.
We want to give you tools to help you in your journey to enhance your performance.

The Podium Performance workshop is a two-day residential immersion in an environment designed to challenge your perspectives on your own performance.

As part of your scholarship, you will have the unique opportunity to attend one of these authentic, informative, inspirational and FUN experiences designed to help you on your journey to become the best you can be.

PERSONAL DEVELOPMENT

Practical life skills and wellbeing development

PERFORMANCE DEVELOPMENT

Skills and insight to help develop and lead your own performance

Sponsorship - Mental Skills - Communication - Time Management
Practical Nutrition - Fun Activities

WHERE?

Based at Podium Lodge, Cambridge and its high performing environments.

WHO & WHAT?

We have assembled a high quality team of presenters and activities to help take you and your performance to the next level over the two day workshop.

WHEN?

- 2-3 March
- 3-4 May
- 13-14 July



I really enjoyed the topics that were talked about and the connections we were able to make with people

Was a very beneficial workshop and it far exceeded my expectations

I gained some really valuable knowledge that will be hugely beneficial moving forward in my career

COST \$559 PER PERSON

FOR FURTHER INFORMATION, CONTACT
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