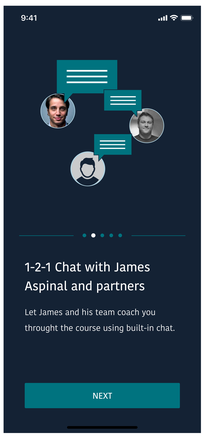
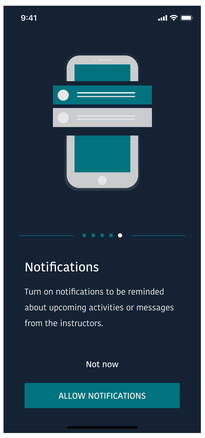
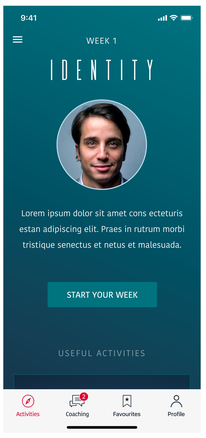
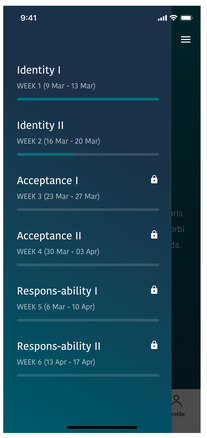
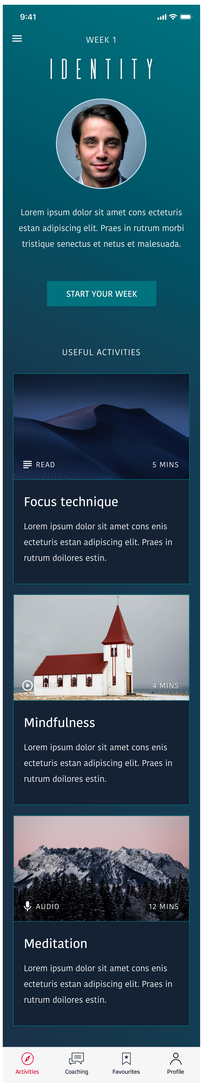

9:41
BEYOND
PERFORMANCE TRAINING
BY JAMES APINAL
Loading...

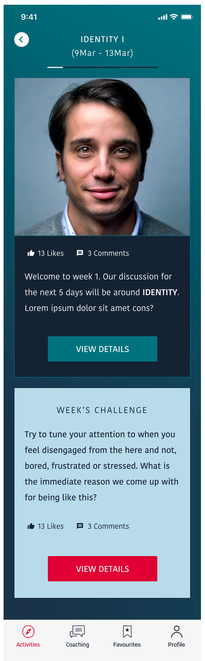

9:41
1-2-1 Chat with James Aspinal and partners
Let James and his team coach you throught the course using built-in chat.
NEXT

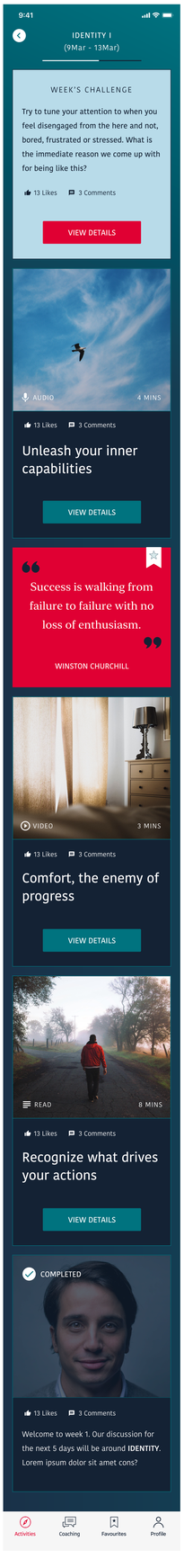

9:41
Notifications
Turn on notifications to be reminded about upcoming activities or messages from the instructors.
Not now
ALLOW NOTIFICATIONS

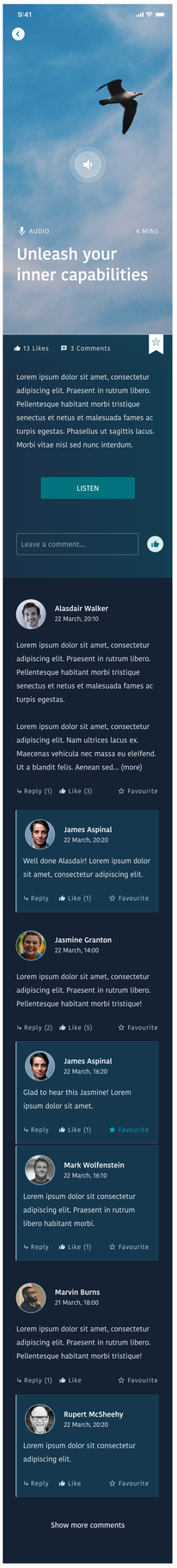

9:41
WEEK 1
IDENTITY
Lorem ipsum dolor sit amet cons ecteturis estan adipiscing elit. Praes in rutrum morbi tristique senectus et netus et malesuada.
START YOUR WEEK
USEFUL ACTIVITIES
Activities
Coaching
Favourites
Profile

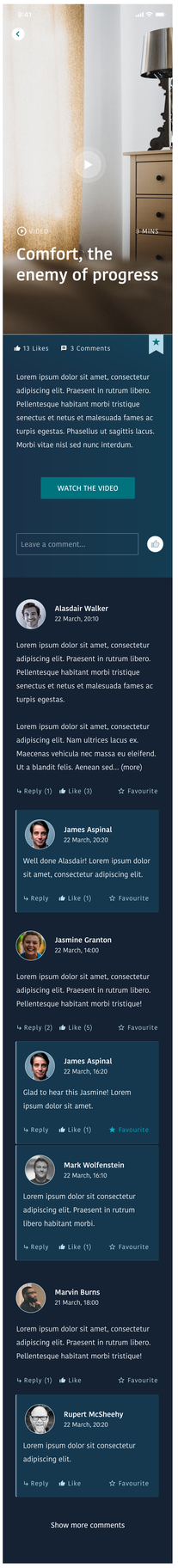

9:41
Identity I
WEEK 1 (9 Mar - 13 Mar)
Identity II
WEEK 2 (16 Mar - 20 Mar)
Acceptance I
WEEK 3 (23 Mar - 27 Mar)
Acceptance II
WEEK 4 (30 Mar - 03 Apr)
Respons-ability I
WEEK 5 (6 Mar - 10 Apr)
Respons-ability II
WEEK 6 (13 Apr - 17 Apr)


9:41
WEEK 1
IDENTITY
Lorem ipsum dolor sit amet cons ecteturis estan adipiscing elit. Praes in rutrum morbi tristique senectus et netus et malesuada.
START YOUR WEEK
USEFUL ACTIVITIES
READ
5 MINS
Focus technique
Lorem ipsum dolor sit amet cons enis ecteturis estan adipiscing elit. Praes in rutrum doilores estin.
4 MINS
Mindfulness
Lorem ipsum dolor sit amet cons enis ecteturis estan adipiscing elit. Praes in rutrum doilores estin.
AUDIO
12 MINS
Meditation
Lorem ipsum dolor sit amet cons enis ecteturis estan adipiscing elit. Praes in rutrum doilores estin.
Activities
Coaching
Favourites
Profile


9:41
IDENTITY I
(9Mar - 13Mar)
13 Likes
3 Comments
Welcome to week 1. Our discussion for the next 5 days will be around IDENTITY. Lorem ipsum dolor sit amet cons?
VIEW DETAILS
WEEK'S CHALLENGE
Try to tune your attention to when you feel disengaged from the here and not, bored, frustrated or stressed. What is the immediate reason we come up with for being like this?
13 Likes
3 Comments
VIEW DETAILS
Activities
Coaching
Favourites
Profile


9:41
IDENTITY I
(9Mar - 13Mar)
WEEK'S CHALLENGE
Try to tune your attention to when you feel disengaged from the here and not, bored, frustrated or stressed. What is the immediate reason we come up with for being like this?
13 Likes
3 Comments
VIEW DETAILS
AUDIO
4 MINS
13 Likes
3 Comments
Unleash your inner capabilities
VIEW DETAILS
Success is walking from failure to failure with no loss of enthusiasm.
WINSTON CHURCHILL
VIDEO
3 MINS
13 Likes
3 Comments
Comfort, the enemy of progress
VIEW DETAILS
READ
8 MINS
13 Likes
3 Comments
Recognize what drives your actions
VIEW DETAILS
COMPLETED
13 Likes
3 Comments
Welcome to week 1. Our discussion for the next 5 days will be around IDENTITY. Lorem ipsum dolor sit amet cons?
Activities
Coaching
Favourites
Profile


9:41
AUDIO
4 MINS
Unleash your inner capabilities
13 Likes
3 Comments
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Phasellus ut sagittis lacus. Morbi vitae nisl sed nunc interdum.
LISTEN
Leave a comment...
Alasdair Walker
22 March, 20:10
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas.
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nam ultrices lacus ex. Maecenas vehicula nec massa eu eleifend. Ut a blandit felis. Aenean sed... (more)
Reply (1)
Like (3)
Favourite
James Aspinal
22 March, 20:20
Well done Alasdair! Lorem ipsum dolor sit amet, consectetur adipiscing elit.
Reply
Like (1)
Favourite
Jasmine Granton
22 March, 14:00
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique!
Reply (2)
Like (5)
Favourite
James Aspinal
22 March, 16:20
Glad to hear this Jasmine! Lorem ipsum dolor sit amet.
Reply
Like (1)
Favourite
Mark Wolfenstein
22 March, 16:10
Lorem ipsum dolor sit consectetur adipiscing elit. Praesent in rutrum libero habitant morbi.
Reply
Like (1)
Favourite
Marvin Burns
21 March, 18:00
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique!
Reply (1)
Like
Favourite
Rupert McSheehy
22 March, 20:20
Lorem ipsum dolor sit consectetur adipiscing elit.
Reply
Like
Favourite
Show more comments


9:41
VIDEO
3 MINS
Comfort, the enemy of progress
13 Likes
3 Comments
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Phasellus ut sagittis lacus. Morbi vitae nisl sed nunc interdum.
WATCH THE VIDEO
Leave a comment...
Alasdair Walker
22 March, 20:10
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas.
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nam ultrices lacus ex. Maecenas vehicula nec massa eu eleifend. Ut a blandit felis. Aenean sed... (more)
Reply (1)
Like (3)
Favourite
James Aspinal
22 March, 20:20
Well done Alasdair! Lorem ipsum dolor sit amet, consectetur adipiscing elit.
Reply
Like (1)
Favourite
Jasmine Granton
22 March, 14:00
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique!
Reply (2)
Like (5)
Favourite
James Aspinal
22 March, 16:20
Glad to hear this Jasmine! Lorem ipsum dolor sit amet.
Reply
Like (1)
Favourite
Mark Wolfenstein
22 March, 16:10
Lorem ipsum dolor sit consectetur adipiscing elit. Praesent in rutrum libero habitant morbi.
Reply
Like (1)
Favourite
Marvin Burns
21 March, 18:00
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique!
Reply (1)
Like
Favourite
Rupert McSheehy
22 March, 20:20
Lorem ipsum dolor sit consectetur adipiscing elit.
Reply
Like
Favourite
Show more comments