

SPEECH - WORKSHOP

HIGH PERFORMANCE EXECUTIVES

"Your first and foremost job as a leader is to take charge of your own energy, and then to help orchestrate the energy of those around you." – Peter Druker.



HANDLE EMOTIONS AND STRESS FOR YOUR OWN PURPOSE

REACH OLYMPIC LEVEL OF PERFORMANCE IN THE CORPORATE WORLD

MAXIMIZE YOUR ENERGY AND IMPROVE WELLBEING



Gabriel Lama is an Executive Coach and Speaker, specialized in Wellness and High Performance with more than 4000 hours working with very important companies as Santander, Coca Cola, Metlife, AES Gener, PacificHydro, Abbott, International Paper, Vistage and many others. His work is based on his experience as an Olympic Athlete in Judo (Sydney 2000 and Athens 2004) and International Coach formation with the best programs in the world. His passion for helping others to reach their full potential led him to launch, along with his partners, TGLI Leadership Consulting and also to write his book called "Del Bienestar al Alto Rendimiento" (From Wellness to Performance), a guide for executives today.

REACH YOUR HIGHEST POTENTIAL TODAY! GOLAMA@TGLI.CL +56 9 73977790

GABRIEL LAMA. OLYMPIC JUDOKA, COACH CERTIFICATE IN "WELLNESS AND PERFORMANCE", INTERNATIONAL SPEAKER