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The ABC's of Personal-Professional Excellence

Weekend Workshop series explores Positive Psychology behind Success

Toronto, Ontario (February 23, 2007) - The Gaski Performance Group is pleased to announce the launch of a personal -professional performance success workshop to help individuals strive to achieve excellence in their personal and professional worlds.

The **ABC's of Personal-Professional Excellence**, scheduled for **June 9th and 10th, 2007** in Toronto (Ontario) is focused on the active success principles applied in leading performance technologies including:

- Peak Performance Principles - the concepts that lead to consistent excellence
- The Law of Attraction - how our mindset attracts or hinders success
- Neuro Programming - strategies to influence-change negative mental scripts
- Sports Psychology - techniques elite athletes use to prepare for competition
- Visualization Techniques - personal tools that help improve performance

This 2-day workshop is specifically designed to give individuals, couples and groups the knowledge, tools and techniques necessary to create positive achievements and lasting change in their professional, business, sports and personal worlds.

"Our goal" explains Joe L. Gaskovski, president of the Gaski Performance Group, "is to increase the likelihood of an individuals success at achieving their goals. We do this by describing not only the what of the active principles involved in success, but more importantly the how they work and why from both a scientific and psychological perspective."

By exploring the timeless success principles by using a practical hands-on approach the participants build a personal blueprint that acts as a foundation focusing their energies towards creating positive outcomes in their world.

The program provides valuable insights and technologies for unlocking one's own potential for excellence. It is ideal for individuals, couples and groups who want to improve professional and business success, increase financial success towards attaining financial freedom, improve on their personal and professional relationships, improve personal health and overall wellness, improve sports performance and competitiveness, and overall confidence.

The ABC's of Personal-Professional Excellence is scheduled for June 9th and June 10th, 2007 in Toronto. Additional information is available at www.gaski.com/abc/index.html

About Gaski Performance Group

Gaski Performance Group (www.gaski.com) is a Canadian management training and development organization with expertise in management, sales and leadership. The company provides skills enhancement initiatives, assessment and evaluation programs, and customized workshops to organizations, government, non-profit groups and individuals alike.