

**JULY 17, 18 & 19**

Day one	8:30 a.m.–4:30 p.m.
Day two	8:30 a.m.–4:30 p.m.
Day three	8:30 a.m.–2:00 p.m.
Tuition	\$3,375
CEU credits	1.7
CPE credits	20.5

*No course prerequisite required.*



## Peak Performance and Complex Lives

### Learn How to Live a Rewarding Life While Working at an Optimal Level

Peak Performance and Complex Lives will show you how to live a rewarding life while working extremely hard. Learn how to maintain a high level of commitment and still create wealth, make valuable contributions, and enjoy the many domains of your life.

#### You will learn how to:

- ▲ Raise your level of performance to solve complex problems and operate at your personal best.
- ▲ Achieve balance — how to reach it, keep it, and enjoy it.
- ▲ Build a life plan to reach your life goals.
- ▲ Manage stress to help prevent and cure burnout.
- ▲ Increase your effectiveness and profits through advanced time-management techniques.
- ▲ Get into the “zone,” building focus and concentration.

#### BELL RECOMMENDATION

Many of our clients feel that this is the perfect program to attend with a spouse/partner. This session is a great investment in your life together and your family's future. Spouses attending together will receive 50% off one person's tuition.

**BELL PEAK PERFORMANCE PROFILE** — Before attending, you will complete the Bell Peak Performance Profile, an online, 360-degree assessment designed to evaluate your patterns of effectiveness in your health and work. This assessment gives you the chance to gather your thoughts on how you are doing in the most important domains of your life, and to learn the thoughts and ideas of those who know you well. These insights are compiled in a comprehensive, confidential report to help you build an action plan for achieving and maintaining your highest level of performance and productivity.

On behalf of all of us in your Complex Lives program last week, we just want to express one GIANT thank you!!! It was simply a terrific, most meaningful, most impactful time together. Thank you for truly making a difference.

**BOB CRUMLEY**  
Senior Vice-President  
Boddie-Noell Enterprises

I have been exposed to Jerry's instruction and consultation several times. I always look forward to our next encounter because his enthusiasm is so contagious.

As we develop a history together, his genuine care for the well-being of my family and employees continually comes through. I always come away with insights that stick with me and that I am able to put into action.

**RICHARD WATERFIELD**  
CEO  
Waterfield Mortgage Company

I want to thank Dr. Bell for sharing his time and talents with each one of us. The content and the presentation of the material were fantastic. The pre-course work was amazing in building relationships and opening up conversations at a very deep level. This was by far the best course I have ever attended and will have a profound effect on my life.

**DIANE MUELLER**  
Director of Hygiene  
Heartland Dental Care