



Achieving Peak Performance

THRIVING ACROSS THE 7 DOMAINS
OF HAPPINESS

PROGRAM SUMMARY: A DIFFERENT KIND OF PEAK PERFORMANCE

At the highest levels of leadership, professional effectiveness and personal effectiveness are difficult to separate. The demands of work affect the rest of life, and the choices we make outside of work shape the energy, judgment, perspective and resilience we bring to leadership.

Peak performance, then, is not simply about getting more done. It is about having the clarity to know what matters, the discipline to focus your time and energy accordingly, and the perspective to build a life that supports sustained success.

Drawing on more than five decades of research into leadership, effectiveness and human performance, Dr. Bell will guide participants through his 7 Domains of Happiness, a framework for examining the interconnected areas of life that influence how effectively we lead, perform, and live.

LEARNING OBJECTIVES

- Assess where you are today using Dr. Bell's 7 Domains of Happiness framework.
- Identify the priorities and patterns that most influence your effectiveness and satisfaction.
- Recognize where competing demands and tradeoffs may be working against your goals.
- Apply practical strategies for managing complexity, protecting priorities and using time more intentionally.
- Understand how decisions in one area of life can strengthen or undermine performance in others.
- Develop a personal strategic plan for the professional and personal priorities that matter most in your next chapter.



PROGRAM DETAILS

Date & Time:

March 9 - 10, 2027

Day 1: 8:30a.m. - 5:00p.m.

Day 2: 8:30a.m. - 3:30p.m.

Participant Fee:

\$4,095

Fee includes tuition, breakfast, lunch, snacks and program materials.

Location:

The Carolina Inn
211 Pittsboro St.
Chapel Hill, NC 27516

Contact Us:

Call: (919) 967-7904

Email: info@BellLeadership.com

Visit: BellLeadership.com

LEARN MORE



WHAT TO EXPECT

Two Days to Step Back and Think Strategically

This is an in-person, highly interactive experience designed to give leaders dedicated time to step away from immediate demands and think strategically about performance, priorities and future.

Through discussion, reflection and practical exercises personally facilitated by Dr. Bell, participants will apply the concepts to their own circumstances and begin translating insight into action.

The two-day format is intentionally concentrated, providing a meaningful opportunity for reflection and planning while making the program easier to incorporate into a demanding professional schedule.

Come Prepared to Get the Most from the Experience

Prior to the program, participants will complete pre-work designed to prompt reflection on current priorities, goals and circumstances. This preparation provides a starting point for the program and allows participants to make their two days with Dr. Bell as personal, practical and productive as possible.

WHO SHOULD ATTEND?

This program is designed for professionals and leaders who want to think more intentionally about how they perform, where they invest their time and what they want from the years ahead.

It is especially valuable for:

- Leaders seeking to sustain high performance while managing increasingly complex demands.
- Busy professionals wanting greater clarity about priorities and how they use their time.
- Established leaders thinking about what success should look like in their next chapter.
- Individuals navigating a career transition, significant decision, or new season of responsibility.
- Couples or partners planning together for shared priorities, goals, and the future they are building.

MEET THE TRAINER

Dr. Gerald D. Bell Founder & CEO

For more than 50 years, Dr. Bell has explored what allows people to become exceptional leaders while also building successful, satisfying lives. Drawing on his background in business and psychology, he has coached and consulted with hundreds of leaders and their families and conducted extensive research into family life, money, parenting, and the choices that shape a life well lived.

His study of happiness became a central part of this work. Through interviews with thousands of people, including older adults reflecting on decades of decisions, successes, disappointments, and change, Dr. Bell identified seven interconnected domains that influence how we experience success and fulfillment. This research forms the foundation of his 7 Domains of Happiness and the principles explored in *Achieving Peak Performance*.

In addition to pursuing the mission of building world-class Leaders, Dr. Bell continues to enjoy time with his family, traveling, fly fishing, and collecting Western art.

- M.S. and Ph.D. from Yale University
- B.S. and M.S. from the University of Colorado Boulder
- Adjunct Professor at University of North Carolina, Chapel Hill's Kenan-Flagler Business School
- Honoree of the Gerald D. Bell Distinguished Professorship in the Kenan-Flagler Business School
- Author of *The Achievers* and co-author with Coach Dean Smith of The New York Times bestseller, *The Carolina Way*

