

**Elite Cognition**  
**Basic Training for Elite Organizational Performance**  
**18-Session Comprehensive Plan**

**Raise the Tide: Forge High-Performing Teams with Elite Culture and Pervasive Leadership**

1. Pervasive Leadership: Using Influence to Drive Results
2. Interpersonal Adaptability: Flexing for Improved Communication
3. Honing the Attributes of the Unsung Hero

**Brain Armor: Prioritize the High-Performance Gateway**

4. Cognitive Accelerators: Improving Cognitive Performance through Lifestyle
5. Optimal Day: Leveraging Biorhythms for Improved Productivity and Performance
6. Sleep Optimization: Strategies that Work

**Elite Me: The Art and Science of Peak Performance**

7. Deep Work: How to Create and React
8. Sustainable Elite Performance: Optimizing Acute and Chronic Stress
9. Thriving Under Pressure: Achieving Flow Consistently
10. Elite Me: Closing the Gap between Current and Best Self
11. Moral Excellence: Using Character to Drive Action

**10X Training: Elite Training Methodologies for Accelerated Growth**

12. Elite Training Methods: Building Adaptive Experts Rapidly
13. Elite Training Methods: Tools of the Trade for Coaching and Teaching
14. Cultivating Growth: Radical Candor and Feed-Forward

**Operational Cognition: Out-Think the Opposition**

15. Problem Solving: Brainstorm the Right Problem Effectively
16. Problem Solving: Evolving Ideas into Actioned Solutions
17. Decision Precision: Improve Objectivity and Mitigate Bias
18. Decision Precision: Enhance Critical Thinking and Navigate Polarization