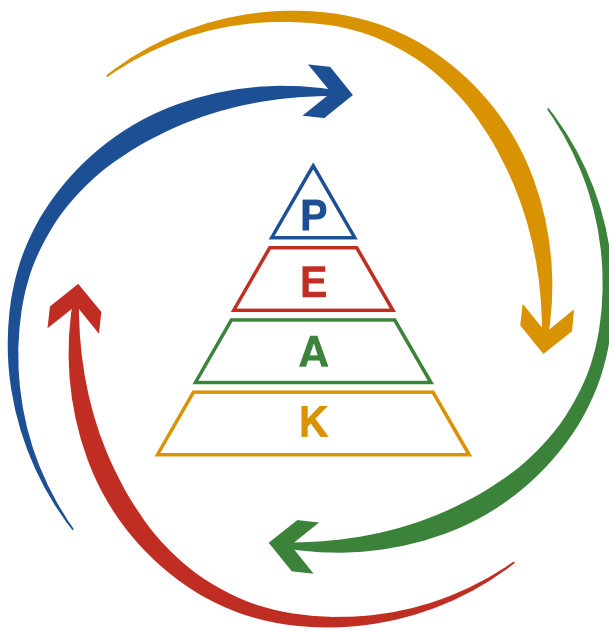


Reach your P.E.A.K!

The 4 Dimensions of Highly Effective Learning & Growing

P = Purpose (being)
E = Emotion (feeling)
A = Action (doing)
K = Know-how (knowing)



Die P.E.A.K.-Formel ist geschütztes Eigentum der Peakly GmbH. TM

«The person in peak-experiences feels himself, more than other times, to be the responsible, active, creating center of his activities and of his perceptions. He feels more like a prime-mover, more self-determined (rather than caused, determined, helpless, dependent, passive, weak, bossed). He feels himself to be his own boss, fully responsible, fully volitional, with more "free-will" than at other times, master of his fate, an agent.

-Abraham Maslow