

Saga Performance

Redesigning High Performance

Introduction to corporate programs

Corporate culture, performance and leadership programs

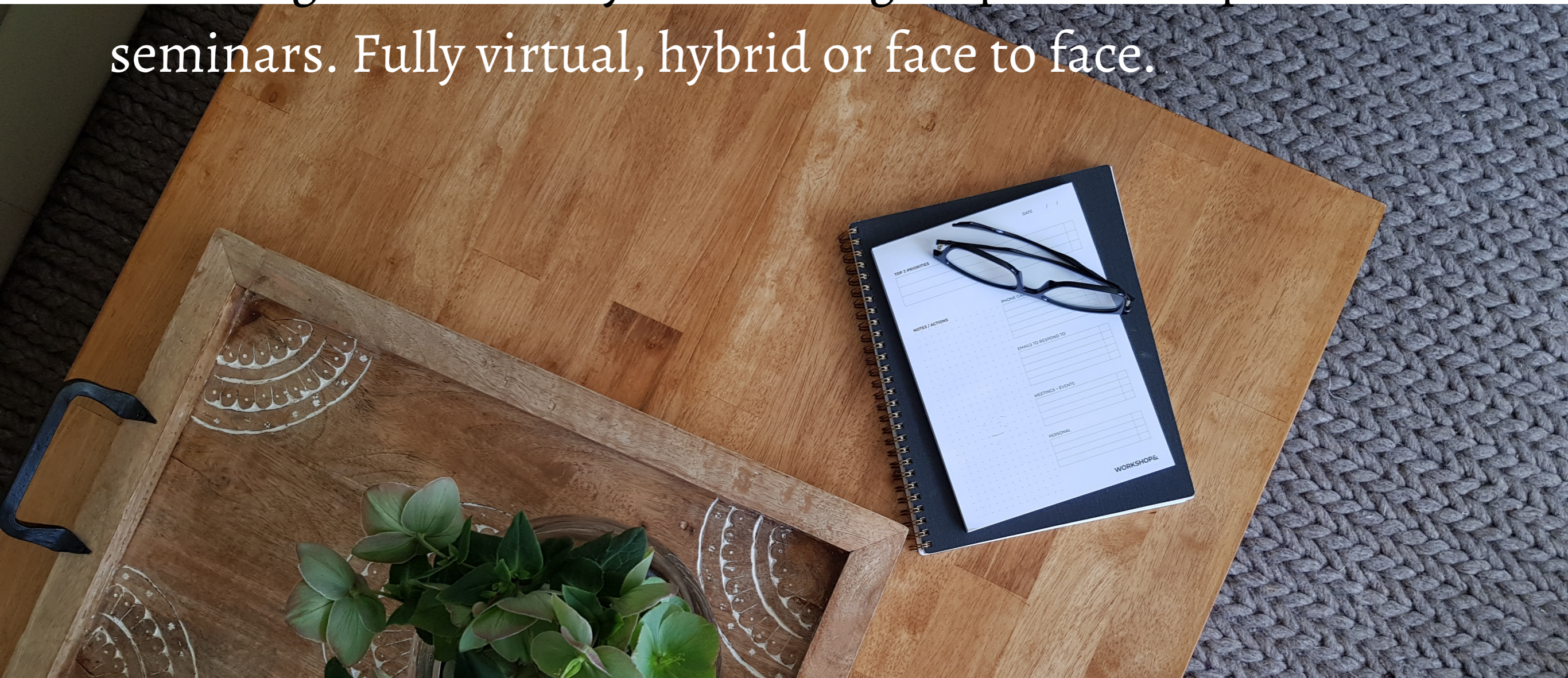
We take a systems approach to human development and performance, focusing on analysis and assessments

Enabling sustainable top level performance through behavior modifications and high impact coaching.



We support

We support leaders, executives, high performing individuals and corporate teams with individual coaching and advisory as well as group workshops and seminars. Fully virtual, hybrid or face to face.



Some outcomes for organisation and team

- Stop guessing. Discover how you are performing. Discover the true strengths of your culture, leadership and individuals.
- A unified culture and leadership style
- A stronger leadership team and team of leaders
- A truly functional feedback and coaching culture
- Increased focus and productivity
- More resilient teams and individuals
- Attracting and retaining top talent
- Top down better prepared for change, turbulent times and growth (organic or inorganic)

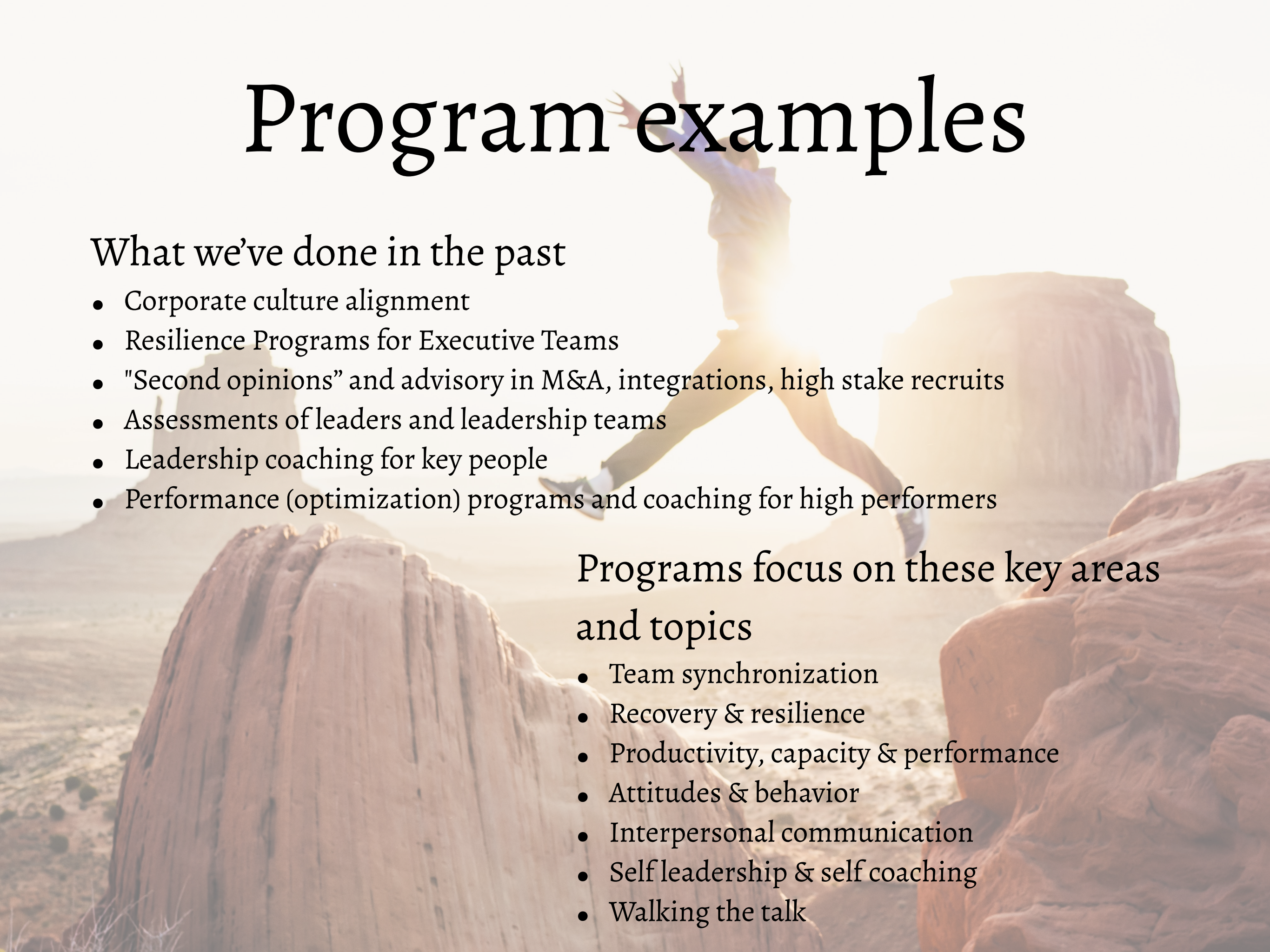


Some outcomes for the individual

- Stop guessing. Discover how you are performing. Discover your unique baseline and strengths to build on.
- Build and sustain resilience
- Understand and put self leadership in practice
- Lead others so that they can be the best versions of themselves
- Understand how your body and brain are affected by your choices
- Learn to increase focus and productivity
- Learn strategies and attitude needed to achieve and sustain top level performance
- Adjust and create desired behaviors



Program examples



What we've done in the past

- Corporate culture alignment
- Resilience Programs for Executive Teams
- "Second opinions" and advisory in M&A, integrations, high stake recruits
- Assessments of leaders and leadership teams
- Leadership coaching for key people
- Performance (optimization) programs and coaching for high performers

Programs focus on these key areas and topics

- Team synchronization
- Recovery & resilience
- Productivity, capacity & performance
- Attitudes & behavior
- Interpersonal communication
- Self leadership & self coaching
- Walking the talk

Quotes from clients

“Our 2021 Resilience Program with Saga Performance has been a great success.

Satu Ahlman has helped us across the organization understand the importance recovery, sleep and healthy habits have on sustainable wellbeing, performance and capacity.

Using data and science-based tools in combination with workshops and personal discussions was the perfect approach for us.”

Patrik Attemark, CEO, Semantix

Within a framework of collaboration, honest feedback, and coaching we managed to adopt new habits, stay disciplined and harvest long-term results. Thanks for this insightful personal journey combining wellbeing & high performance.”

Executive, Microsoft, Czech Republic

I was happy to be coached by Satu for several months in 2021. I was looking forward to receiving new development ideas for my business. However, thanks to her coaching, I also made significant changes to my current lifestyle, enhancing my overall well-being and health. Satu's ability to make a comprehensive analysis of the client's situation is something unique. She has extensive knowledge of performance, resilience, productivity and human capacity. I can highly recommend Satu's coaching services to any leader interested in changing life balance and performance.

CEO, Communications Agency, Finland

“Our ambition is to become a workplace to love. Satu's ability to challenge and inspire our leaders to develop their skills has been a crucial part of fulfilling this ambition. By understanding our challenges she has guided and given us insight how to adopt to the new situation during this exceptional year due to the pandemic.”

EVP People Operations, Nordics

Redesign true high performance and unleash your potential

Saga Performance's clients include global professional service firms, Big4s, technology start ups, IT companies and financial institutions in the Nordic countries, across Europe and the UAE. Sometimes we are fine-tuning, or when needed, turning around, or merging and developing desired cultures, and unifying leader behaviors, enabling sustainable top-level performance.

When needed we focus on boosting and elevating the cognitive and physical capacities with our "systems approach" concept. Screening, testing, analyzing and understanding the current capacity of your team and organization, and creating individual and team level development plans for increased wellbeing. And through that - performance and results.

We have a global network of advisors including performance and leadership coaches, sports medicine and personal training specialists, and executive advisors, with strong business, wellness and leadership know-how and show-how.

They, and our systems approach make us unique.



Saga Performance

A systems approach to performance, leadership, and life.