



LEADERSHIP SERIES® 2010/2011

Leadership Renewal Day: Peak Performance, Power, and Potential

Dr. James Maas

January 12, 2011 • 8:30–4:00 p.m.

Managing Sleep & Stress for Peak Performance

You can't perform well at work unless you are fully awake and cognitively sharp. Unfortunately, surprisingly few people get enough sleep or get the right kind of sleep to enable peak performance. Stress contributes to insomnia and the ability to rest well. A professor at Cornell University, Dr. James Maas conducts research about sleep and performance and teaches one of the nation's largest lecture classes each semester. He is also a noted filmmaker who has produced nine national television specials for PBS in the U.S., along with films in many other countries as well. His films have won awards at 42 major film festivals. Listening to Maas will help you learn how to increase your daytime alertness, improve your mood, enhance both your productivity and creativity, and boost your overall quality of life.



Dr. James Maas is a Stephen H. Weiss Presidential Fellow, Professor, and past chairman of the Department of Psychology at Cornell University. He received his B.A. from Williams College and his M.A. and Ph.D. from Cornell. Dr. Maas is the author of the *New York Times* Bestseller, *Power Sleep: The Revolutionary Program That Prepares Your Mind for Peak Performance*.



Now a tradition in Denver, this dynamic day will leave you with a sense of renewed energy and direction for the coming year.

Beyond the realm of motivational talk and experience, Leadership Renewal Day is filled with inspiration, challenge, and strategies that will have an immediate effect on your leadership capabilities and your business.



PROGRAM LOCATION

Donald R. Seawell Grand Ballroom at The Denver Center for the Performing Arts • 14th & Arapahoe, Denver, CO 80204

303-796-0444 • www.executiveforum.net