



Hilevel Hawaii (HLH)

GED

Winning Culture



This isn't old-school GED. The HiLevel GED is a magical combination of power and grace, flow and serenity. No going back to study for this one! Just follow the process that allows you to embrace the moment and all of the blessings it has to offer.

Winning Culture

Basic Truth

To be competitive and win in an endurance event (sports–business–life), you need to create a winning culture. Refine your tools! **Gratitude–Excitement–Devotion** are needed to get the job done right!

A winning culture by definition is a way of life. To get to this place of refinement demands that you do the work and learn how manage the fire (intensity) and passion you expend with the energy/rewards that comes back.

Gratitude

Awareness of the Why (what you want to accomplish in the face of a challenge)

Reflection: If you train your brain to feel grateful, you will be provided with the clarity to know what you want to accomplish and the confidence to embrace the challenge.

Refinement Process: Continue to train to be grateful for the challenges in your sport, work and life. In time, your confidence will not waver. Using a term from Ocean Paddling, your confidence will not drift off of your intention.

Excitement

Acceptance of the demands of the challenge (the strength of your conviction)

Reflection: If you train with the right energy, you will be able handle the three parts of any event. The start, the bulk of the race and the finish. You have to be fast enough to win and smart enough to compete for the entire race.

Refinement Process: Establish your ideal performance state. You need to have the energy that lasts. The pace must feel right. Your breathing keeps you focused. You are alert to the need to adjust. You feel efficient. You able to step it up to maximum effort for short bursts as needed.

Devotion

Commitment to balance the Awareness of what you want with the Acceptance of the energy required to get the job done.

Reflection: Devotion provides the self–discipline to use the HiLevel Tools and Techniques of performance breathing, mindfulness and focus that enable you to maintain the proper effort for the entire race.

Refinement Process: The capacity to work hard and recover quickly allows you to experience the power of flow. The energy you expend comes back to you in the form joy, fun, satisfaction and success.

The Story of Travis Grant, 34



Travis is a true winner. Successful in his sport, his work and his life. Travis has worked extremely hard to prepare himself to win as an Ocean Paddler and he has done just that. He has learned to paddle, in his words, “with his eyes open.” He uses his breathing to stay present and respond to every possibility to catch a wave, take a different course or simply enjoy the moment.

As an Ocean Paddler, Travis is extremely confident in his ability to be competitive and win. Travis is a incredible athlete and even a better person. “I train myself, applying the lessons that I have learned from establishing and maintaining my ideal performance state,” he says. “I train and compete at 80% of my maximum effort. I simply maintain the awareness of how hard I’m working and make adjustments to paddle harder or back off and settle down based on how I feel. I go as fast as possible at the start to get out front, or during the race to catch a bump or finish strong. Throughout the race I use my technique to go faster without increasing the effort. I’m constantly working on improving my technique. I love to race and compete. I love to be on and in the Ocean. My career has given me so much joy and Aloha. I plan to always give back to the sport of Ocean Racing.”



**Winning Culture
Confidence that doesn't waver
Energy that lasts
Work hard, recover quickly**



In Dana Edmunds' photo of Travis he's rounding Portlock Point and heading to the finish of the 2015 M2O (Molokai to Oahu) race at the beach of Maunalua Bay (he won). This "sneaky wave" showed up and he felt compelled to surf it. The wave is a deep-water spot that breaks to the left of China Walls. In pulling off this feat and winning the race Travis embodied the definition of a WINNING CULTURE.

Travis Grant, 34 is originally from Queensland, Australia. He is presently living on Oahu with his wife and young son.

A handwritten signature in blue ink that reads "Brad".

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