

Peak Performance

Introduction

In a world where the quality of our actions can really make a difference, how is it that some people become top-level achievers while others fail to make the grade? How can people with fantastic academic qualifications underachieve while others with seemingly limited knowledge and skills succeed?

Peak Performers have passion, focus and a deep-rooted determination to achieve and succeed. Their empowering attitude along with the maintenance of a positive state of mind drives an upward spiral towards growth, fulfilment and success.

Aims

This Programme explores the psychology that underpins performance in terms of Self Image, Mindset, Motivation and Beliefs. By gaining an understanding of how we think, feel and behave, we can then understand how this can affect our performance. With the application of tools and techniques we can achieve more and begin to release our true potential.

Benefits - to the individual

The information, tools and techniques learnt during the course will impact on both personal and professional lives by:

- Appreciating the importance of attitude and self-image.
- Gaining an understanding of what motivates us.
- Analysing personal communication and behavioural styles thus improving the ability to build rapport with others.
- Identifying the “states” in which you operate most effectively and then the techniques that will enable you to enter them at will.
- Developing action centred goals that focus on the organisation and the individual.

Benefits - to the organisation

The organisation will benefit directly from individuals who are confident, motivated and understand the significance of:

- Taking responsibility for their own performance and results.
- Aligning individual and company goals.
- Communication and understanding at all levels.

Which will lead to:

- Development of moral
- Improved relationships
- Reduced work related stress
- Improved employee retention

Who Should Attend

This training programme will benefit people at all levels of the organisation. Anyone looking to succeed, whether personally or professionally, will leave this programme with tools and techniques to enable them to maximise their potential.

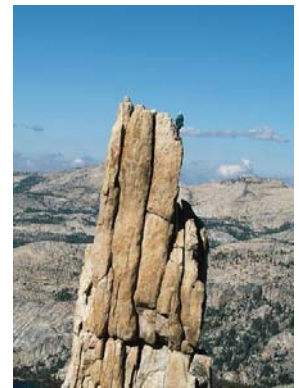


Peak Performance – 1 day Workshop

Details: **Thursday 18th October 2007**
 The Royal Bath Hotel, Bournemouth.

Content:

- The Success Cycle
- Attitude – keeping positive
- Motivating yourself and others
- Work / Life balance
- Goal Setting Theory
- Goal Setting Workshop



Objective:
To raise awareness of current modes of operation and identify development possibilities to improve key result areas. To better understand the psychology behind performance and enable delegates to make small changes to create an improved future.

Benefits:
Delegates will leave this workshop with tips and techniques to enable them to improve professional and personal performance by using proven systems. Organisational benefits include improved confidence, assertiveness and motivation within employees leading to more efficient staff.

Cost:

£180.00 per person (+ VAT)

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