

# Performance Mindset

What does high-performance look like? How can we develop our mindsets to overcome self-limiting beliefs and improve our performance? How often do we feel empowered to operate at our optimal level? How can we set ourselves up for success when pushing our own boundaries?

This session provides participants with the characteristics required and the essential formula needed to maintain a high-performance mindset, both as an individual and as a high-performing team.

## What is Involved

This intense, one-day development session covers a range of high-performance techniques from conscious and unconscious mindsets, perceptions and limiting beliefs, to goal setting and the achievement of objectives.

- The Mind Completes the Picture
- Beliefs and Behaviours
- Strategies for Altering our Mindset
- Strategies for Building Rapport
- Behavioural Flexibility
- Goals, Roadmaps and Roadblocks
- The Power of Language
- Modelling Excellence

## Who Is It For?

This session will benefit those people who want to shift their mindsets to overcome self-limiting beliefs and unlock the next level of performance. It is particularly suitable for future leaders or individuals striving for promotion, providing a solid foundational knowledge of the psychology of success.

## Outcomes

Participants will leave the session with an enhanced understanding of how we drive our minds and how we communicate with others. They will leave with a performance toolbox to help harness an excellence or high-performance state including:

- Recognising the characteristics of conscious and unconscious mindsets
- Acknowledging self-limiting beliefs and understanding how to overcome them
- Setting clear and measurable goals
- Improving responses to unexpected challenges or adversity
- Modelling a high-performance mindset