

Being The Best You Can

What's in it for you?

Whichever way you look at it performance is what separates the best from the rest. In organisational life the effect of poor performance can be catastrophic: contracts that should have been won are lost, talented staff look elsewhere to release their skills, avoidable errors happen again and again

The good news is that life doesn't have to be like that. This seminar introduces the idea that the tools and techniques used by world class sports performers overlap considerably with the performance standards required of today's managers.

The only advantage that the elite sports performer has over his/her business counterpart is that they recognised long ago the importance of getting to grips with performance and doing something about it.

What you will get out of it

By attending this session you will:

- Learn how to stretch your mental limits.
- Understand how great competitors hate to lose, but aren't afraid of losing.
- Realise that the brain has a phenomenal ability to change.
- Learn how the mind needs barrier-braking images.

Key Themes

- How proven sport psychology techniques will help you to meet challenges and excel in business
- How to sharpen your mental skills and unleash your full potential.
- How sporting greats like Ali & Bjorg actively sought and used the secrets of sport psychology to get them ready for their big matches.

What's Involved

- **Keep the fun of playing in mind** – how to avoid the negative consequences that run alongside being over motivated and too aggressive.
- **It's fast out there but inside I'm calm** – how to think outwards, not inwards. How to think ahead, not back.
- **Our sub conscious prevents us from performing at our best** – how to get rid of the blocks and mental barriers that keep us prisoner in a performance cage.
- **Making positive thoughts and feelings automatic** – how to give the brain new positive mental programmes.
- **Always change a winning team** – how to make changes without exposing the team to a revolution.

“Shoot for the moon. Even if you miss it you will land amongst the stars” LESTER LOUIS BROWN