

Building a Mindset for Exceptional Performance.



Outcomes.

- Develop awareness of the powerful relationship between your thinking, your behaviours and the results you achieve
- Build a positive and powerful energy source that is resilient to a variety of both positive and negative learning experiences
- Develop the strategy of thinking forward, where you approach challenge on the front foot
- Ignite a motivational source that is high energy, passionate, curiously exploring your best, thriving under pressure and resilient to performance stressors
- Build empowering beliefs that see you believing in yourself and in what you are doing, despite a range of feedback
- Learn how to approach the future with fortitude through the use of a practical skill-based coping strategy
- Achieve laser-like clarity of focus by taking aim at your performance goals, and learning to focus on the right thing, at the right time, despite distraction.

Who should attend.

Anyone who finds themselves having to work through high pressure conditions and change.

Duration.

1 day for 12-14 participants.

How to register.

To make a booking simply go to www.rogenSi.com and click on the Business Learning Centre tab, then choose your program and location.

For more information.

Call: 1800 797 447

Email: blc.australia@rogenSi.com

www.rogenSi.com

Overview.

Based on Dr Cory Middleton's ground breaking research into resilience and mental strength, this program provides you with the skills and strategies to master your own mindset. You will gain insights into your patterns of thinking, and how they in turn drive the quality of your actions. The program provides a framework for the rapid development of a stronger mindset and is designed to assist you in 4 core areas:

1. Motivation – practical approaches to mastering your motivation
2. Self-belief – building and maintaining your most resourceful beliefs
3. Coping – skill-based strategies for forward thinking under pressure
4. Focus – strategies to achieve a laser-like clarity of focus

The program will include an online assessment of your mindset using rogenSi's exclusive Fortius Mindset™ Assessment tool. Each participant will receive a mindset profile report and a group debrief of their results.

Challenges addressed in this Program.

- Challenging sales targets
- High stress customer interactions
- High stakes pitching
- Excessive staff turnover and absenteeism
- Drops in motivation and/or confidence
- Teams under excessive stress or pressure
- Dealing with role and organisational changes
- Teams having to do more with less

Key components of this Program.

- Understanding of Fortius Mindset™
- Setting inspiring goals
- Mastery focused motivation
- Challenging limiting assumptions
- Greater control over your confidence
- Driving a resourceful state
- Controlling your physiology

* For more information on the Fortius Mindset Assessment please contact the BLC : blc.australia@rogenSi.com, 1800 797 447.