



# THE 7 P'S OF HIGHER PERFORMANCE

"Excellence is to do a common thing in an uncommon way" - Booker T. Washington

This high performance training course equips professionals with the mindset and skills to push the limits of their abilities. Participants will learn how to focus, manage energy levels, become an expert in their chosen field and discover new ways to optimize their performance. Through discussion and practical exercises, we'll explore the science of peak performance and develop strategies for sustained personal growth and achievement. Additionally, this course covers methods to identify weaknesses, unlock hidden opportunities and stay motivated in challenging situations. Join us for an exciting journey as we unlock the power of high performance.

## Key Course Content:

- Understand the 7P's critical path to outcome-based results.
- Break large projects into bite sized pieces.
- Frame a holistic perspective instead of a myopic perspective.
- Plan and prioritise tasks and deadlines.
- Change workplace crisis management paradigms.
- Develop sticking power when projects derail.
- Keep the team informed, motivated and engaged.
- Build personal resilience.
- Be confident having crucial conversations.
- Set workplace parameters and boundaries.
- Agree on performance and behavioural metrics.
- Deal with difficult staff.
- Be comfortable raising performance bars.



## Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



## Duration:

This course is available as a 1-day course or a truncated half-day course.



## Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



## Group Size:

We recommend a group size of 4-10 people.