

## Practice in Excellence (Pie) - Performance Management

---

Duration 3 Days

### Aims & Objectives

---

The aim of this course is to give you strategies to become aware of how you can positively influence others and achieve not only your own personal goals, but also those of the industry and teams you are working within. This will be achieved through working with an experienced coach, who has applied the principles and concepts of self improvement and personal development both in corporate and individual settings.

### Entry Requirements

---

There are no formal entry requirements

### Course Content

---

You will spend three intensive days looking at how effective you are now and how effective you would like to be in the future. Recognising what Habits Attitude Beliefs and Expectations have modelled who you are today and identifying whether these are either limiting or liberating?

The course will cover a range of topics which could include:

- Our Filter System - how we process or reprocess information.
- Rapport - our communication with self & others, focusing on sensory acuity, Control –are we in tune? do we control our minds or do they control us?
- Self talk - are we talking ourselves into or out of something?
- Changing your Personal History – Goal setting the tools for change!
- 'Change is the only constant' - so why not change your future?
- Personal Motivation – Should do, Must do, Have to and Can't do?

Training Methods for the course will include:

This program offers a comprehensive set of multi sensory learning activities and techniques, to enable you to successfully use the principles being taught.