



## High Performance Leadership Workshop

### About the Workshop

When I talk about high performance I mean the speed and resilience with which a leader drives a business forward to meet its goals and fulfil its mission.

The Workshop is based on everything I've learned about leadership and about what works and what doesn't in business coaching. It's taken all of my years of business experience to create high performance insights which are simple and memorable enough to be usable every working minute while not losing any power. It is aimed at business owners, entrepreneurs and, individual executives and leadership teams in larger organisations

Think of the workshop like a high performance driving course- it's designed to help you drive your business at high speed, with safety and resilience built in. This requires maintaining a balance on the edge of reason: having the discipline to confront all of the issues facing you right now, however grim (very rational) while never doubting for one moment that eventually you will succeed in whatever challenge you have set yourself (somewhat irrational).

Participants in the four hour workshop :

- Learn a simple but powerful technique for detecting their current state of balance , even in the middle of dealing with a difficult issue or in the heat of an important meeting
- Learn what knocks them off balance and how their reactions to that are often dysfunctional
- Learn how to rapidly get back in balance and take powerful actions which regain speed and momentum
- Learn how to build in resilience and safety using the smart risks principle
- Leave the workshop competent in applying the approach in their own business

The joy of Coaching High Performance Leadership is that people get it really quickly – yet it is hugely powerful and challenging at the same time.