

Sustaining Optimal Performance

PM08.47

Break out of preconditioned mental constraints and achieve optimal performance.

If you are faced with the need to get things done in the midst of complexity, continuous change and uncertainty, then this workshop will add significant value. It provides a foundation for optimal performance in the basic principles and core models of open-minded mindfulness.

We define what optimal performance is, how to achieve it, and the critical success factors that enable it. Attendees will come away with a mindfulness and concentration technique they can apply in their daily lives and a perspective that can enhance performance. They will use their insights to create an issues and action list for themselves and their teams.

Prerequisites

- None

Learning Objectives

At the end of this class, participants should be able to:

- Apply knowledge of Zen thinking, systems thinking, open-mindedness and mindfulness to assess their current perspectives, models, performance and relationships and improve performance
- Use a mindfulness and concentration technique in their daily lives to enhance performance
- Identify and discuss the foundation skills for optimal performance and how they relate to emotional intelligence, mindfulness and open-minded thinking
- Have a foundation for the rest of the optimal performance program.

Who Should Attend

- Groups of people working together to perform projects or provide services

Course Outline

- Introduction
- Optimal performance and how to achieve it
- Managing Individual Performance
- Taking it Home

There are numerous exercises to reinforce the concepts taught in the class.

Class Length

- One day (8PDUs) **OR**
- Two days (16 PDUs)
- Also available - Executive and 1-hour versions