

**Aimed at:** This programme is for people who are highly stretched, finding it difficult to cope or perhaps losing focus on what matters at work. It is for organisations and teams who need to slow down or even stop for a while, think more, and become more pro-active (rather than reactive).

**Trainers:** **Frank C Guy**, Leadership and Performance Coach

**Duration:** 4 x on-line training modules of 90 to 120 minutes, at intervals of a week

**Price:** €100 per person or €550 per company (up to 12 participants)

### **Programme Overview:**

This programme is based on the work of Loehr and Schwartz (“The Power of Full Engagement”), who brought their sports coaching findings into business. It promotes a heightened self-awareness and challenges self-beliefs which can be holding us back. The course benefits people in both work and life.

### **Learning Objectives:**

- To know and understand the drivers of my performance, and therefore how I can raise my own game, the energy I bring to work, what EQ is and the real meaning of response-ability.
- To believe that I am personally in control, I can take charge of my own development. I can make choices, it’s up to me, and I can impact the unforeseen events.
- To commit to continuing personal development, look out for myself (be more selfish), develop new habits and share progress with colleagues.

### **Content:**

#### **Module 1**

- The factors which determine our performance
- How we can raise our game in a CPD context
- The energy we need to be fully engaged
- Our shadow; how we show up in work (and in life)
- Being physically energised; the knowing-doing gap

## Module 2

- Mental focus
- Prioritisation and using our time efficiently
- Creativity and problem solving
- Self-talk and beliefs
- Demystifying mindfulness
- The OK Corral model

## Module 3

- Emotional connection, highs and lows
- How our emotions drive behaviours and outcomes
- Response-ability and how it differs from accountability
- Emotional Intelligence (EQ) – unplugged

## Module 4

- Purpose and meaning of work
- Being aligned to the value, vision, and identity of the organisation
- Wheel of life exercise
- Personal strategies for getting stronger and for re-charging
- The Four Agreements

**To book your place, or for more information, contact Mark Skinner, on (01) 6051615 or [mark.skinner@ibec.ie](mailto:mark.skinner@ibec.ie)**