

REENGINEERING YOURSELF FOR PEAK PERFORMANCE

Rationale

Peak performance is our birthright but unfortunately many people end up taking their potential greatness with them to their graves. They sabotage themselves by succumbing to negative beliefs and drifting in life without a clear sense of direction. Life is too precious a gift to be wasted. Reengineer yourself to attain peak performance at work and in other areas of your life by developing a positive self-image and enhancing your self-esteem.

Objectives

At the end of the workshop, participants should be able to:

1. Transform their self-limiting beliefs into empowering beliefs.
2. Acquire the mindset and habits of peak performers.
3. Explain the five main steps in enhancing self-esteem.
4. State at least ten guidelines on enhancing self-esteem.
5. State the five steps in reprogramming one's self-image.
6. Formulate a personal mission statement and SMART goals.
7. Develop action plans towards attaining their goals and peak performance at work.

Content

1. Psychology of Peak Performance
2. Understanding and enhancing self-esteem
3. Creating a positive self-image
4. Taking charge of your life

Methodology

Interactive lectures, video presentation, movie-clips, exercises, group discussions and self-esteem questionnaire

Duration

2 days

Target Group

Managerial and non-managerial employees

Facilitator

Dr. Ranjit Singh Malhi