

TRANSFORMATION MASTERY: SHIFTING MINDSET, ATTITUDES AND BEHAVIORS FOR PEAK PERFORMANCE (TRM/2D)

DURATION: 2 DAYS

TIME SCHEDULE

Time: 9:00am to 5:00pm

Lunch Break: 1:00pm to 2:00pm



INTRODUCTION

“Change will not come if we wait for some person or some other time. We are the ones we’ve been waiting for. We are the change that we seek” - Barack Obama

Most people have a belief that since actions cause results, if they do not like the results, they change their actions. While people are familiar with methods for producing outstanding results through their actions, they do recognize certain realistic limits to what seems possible. This program provides people with an opportunity to go beyond those limits. It offers practical knowledge for producing breakthroughs through a series of steps by which one builds a framework in which breakthroughs become possible and achievable. By breakthroughs, it is meant achievements that are extraordinary, outside the limits of what’s already predictable, attainable or known. The content in this program has been at the heart of human thought and action throughout history, and provides an access to fundamental premises that shape and govern our lives – the very structures that determine our thinking, our actions, our values, the kind of people that we can be.

This specially-designed 2-day program is about creating new thoughts that drive different actions which will cause new results in the lives of people. It is a powerful, transformational training for participants devoted to achieving self-empowerment, effective leadership practices and stellar results in any area of their choice.

Transformation Mastery: Shifting Mindset, Attitudes And Behaviors Towards Peak Performance focuses on the following areas:

- Awareness
- Choice
- Intention
- Possibilities
- Responsibility

BENEFITS

After completing the training, you should be able to:

- Build effective leadership abilities based on characteristics and distinctions
- Experience a positive and permanent shift in results
- Live a life of mastery based on set principles
- Redefine the very nature of what's possible
- Shift to new mindset, attitudes and behaviors that serves you positively

KEY CONTENT

Day 1:

MODULE 1: OVERVIEW

- Context setting
- Value of change
- The DNA program
- Blind spots
- The iceberg in us

MODULE 2: OUR FILTERED WORLDVIEW

- Having new eyes
- Who am I?
- The 3 faces
- Image and masks
- Cutting the clutter

MODULE 3: THE POWER OF CONTEXT

- Addiction to habits
- Engineering Challenge
- Context is king!
- The I-Maze
- Facts vs beliefs

MODULE 4: WAYS OF BEING

- Creating values
- Ways we avoid
- Maintenance cycle
- Newton's forgotten law
- The lab test

Day 2:

MODULE 5: OPENING NEW WORLDS

- Force to, made to and have to
- Emotions and moods
- The power of choice
- The charming life
- Comparing and complaining

MODULE 6: GAMES PEOPLE PLAY

- Payoffs and prices
- The X.O. Game
- Victim vs responsible
- It starts with you
- Growth cycle

MODULE 7: TRANSFORMING AND OUTPERFORMING

- Intention
- Goals and considerations
- Reasons and results
- Symbols of success
- Models of life

MODULE 8: COACHING WISDOM

- Transformation as a way of life
- Personal action plan
- SMART goals
- Support structure
- Mastery

AUDIENCE

This program is open to all levels. This program is exceptionally powerful when incorporated as a starting module for any executive and management development programs, including sales development, talent management and staff induction

METHODOLOGY

To change your direction, shift your thinking.

However long ago you learnt to ride a bicycle, it's likely an experience you've never forgotten. The skill remains with you today. When was your last corporate training program? How much of what was learnt is actively applied in your business today? Are all that remains the workshop manuals left on your shelf?

Our programs are initiatives that last. They encourage new ways of thinking. They open up ways to create extraordinary achievements. We believe individual behavior and attitude contribute significantly to the overall excellence of your organization. So we focus on what really matters.

Our unique methodology of combining experiential, instructional and discovery learning, and supported by modern coaching technology, creates powerful shifts in attitudes and behavior that will encourage sustainable change in your organization. These changes make an impact on results where it matters.

In our programs, you can expect an extensive use of case studies, debriefing, dyads, facilitated coaching, feedback, games and activities, group discussions, lectures, psychodramas, simulations, story-telling and structured instruments.