

High Flying Performers - Higher Education

Overview

Our flagship course – The Circus of Life – covers a range of topics that provide vital mental health awareness knowledge coupled with a comprehensive set of tools to build personal resilience and to promote personal wellbeing.

‘High Flying Performers’ takes students to the next level - building confidence, motivation and personal leadership skills.

Inspired by leading motivational speakers and world class business coaches, students will leave this workshop ready to work and perform at their high-flying best!

Benefits of Attending

IMPROVED EMOTIONAL INTELLIGENCE

Students will understand what their own strengths are and how their behavior impacts on others

IMPROVED COMMUNICATION AND INITIATIVE

Students will understand the key behaviours of top performers and will be able to use positive communication methods to influence those around them

INCREASED CONFIDENCE

Students learn to challenge habitual thought patterns and limiting belief systems

IMPROVED LEADERSHIP SKILLS

Students learn to take personal responsibility leading to robust leadership skills

Results

Students will be able to:

- Understand how to react positively to change and to challenges
- Be open to opportunities around them
- Respond positively to negative behaviours
- Identify their strengths
- Understand their impact on others
- Identify the key behaviours required to consistently perform at their best
- Increase confidence in their ability to achieve
- Adopt a positive mindset and encourage personal leadership

Key Topics

- Key behaviours of top performers
- Understanding personal strengths and building on them
- Personal impact and communication strategies
- Building personal leadership and self-motivation
- Dealing positively with negative behaviour

Who Should Attend?

All Students

Duration

1 day 09:30 – 16:30

For more information or to check dates and availability please contact Resilient Me

