

# 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!

## 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

## 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

## 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