

Playing from the heart

Playing from the heart - winning when there is no finish line

A fixed 10 week programme where, first, you'll change the way you look at success at work. Second, you'll change your attitude towards how hard you have to work to be successful at work. Third, you'll have an upgraded view of yourself as a performer and a person.

10 FIXED BUILDING BLOCKS	WHAT YOU'LL BE DOING
Effort levels when there is no finish line - how hard are you working?	Monitoring your efforts levels
How to self-monitor with the power of 'noticing'	Continued monitoring
Creating a Psychologically Safe relationship with yourself - the foundation of <i>Performance Compassion</i>	Completing a personality assessment
If you fear failure, you'll never win: Reclaiming your relationship with Success and Failure	Building a unique success profile
The powerful simplicity of the <i>What it takes to win</i> approach to Performance	Build your WITTW Profile
Creating the Confidence to approach work with a mindset of efficiency and effectiveness - the <i>no finish line</i> essential	Tuning in to your steady state effort levels
We're not on a road to nowhere - plotting your route ahead with total performance in mind	Creating your 6-12 month route profile
<i>Just for today</i> - the power of intentional performance, one day at a time. WITTW and Effort in action	Understanding the power of JFT for you
Time to Play from the heart - effort, success and expectant noticing	Starting the practice of Playing from the Heart
Maintaining the drive to Play from the heart. The Motivation check in process.	Integrating 3C's into your daily discipline

Programme delivery

Delivered at fixed points over 10 weeks with homework, reflection and application in between. Sessions are online and delivered as a 30 minute webex.