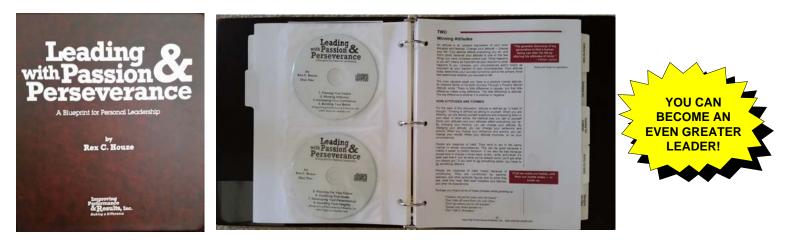
# The time for improved performance is NOW!



*Leading with Passion & Perseverance* is ideal for leaders who want to bring out the best in people in order to improve team performance and results. Participants will develop and adapt the eight characteristics proven to attain success and an action plan for continuous application.

# SESSION 1: INTRODUCTION TO CONCEPTS SESSION 2: PURE GOAL SETTING PART ONE: PASSION

### **Session 3 Flaming Your Desire**

- Personal Responsibility
- The Importance of Enthusiasm for a Successful Life
- How to Develop Your Desire
- All Motivation is Self-Motivation

### **Session 4 Winning Attitudes**

- How Attitudes are Formed
- Maintaining a High Energy Level
- The Role of Self-Image in Success
- Acting Your Way to a Better Attitude
- Developing a "Whatever It Takes" Attitude
- Your Greatest Power
- Eliminating "If Only" and "What If" Thinking

## **Session 5 Increasing Your Confidence**

- Getting into Your ZONE
- Just for Today

## **Session 6 Building Your Belief**

- How to Develop Belief
- Believe to Succeed
- The Role of Self-Image and Self-Esteem in Success
- Feed Your Mind with Thoughts that Support Your Belief System
- The Role of Visualization in a Successful Life
- Develop Create or Cultivate an Abundance Mentality

## PART TWO: PERSEVERANCE

#### **Session 7 Planning for Your Future**

- Working Smart/Working Hard
- The Road to Mastery
- Overcoming Negative Conditioning
- The Eight P's of Personal Achievement
- The Power of Focus and Concentration
- You Can Do Anything You Want --- But Not Everything

## **Session 8 Clarifying Your Goals**

- Goals are the Key to a Successful Life
- Reducing Problems with Written Goals
- The Benefits of Setting Goals
- Why People Resist Setting Goals
- Goal Setting Rules
- How to Set Specific Goals
- The Goals Process
- Eight Types of Goals
- How to Keep Your Goals Alive
- Priorities Prevent Panic

#### Session 9 Developing Your Perseverance

- Focus on Strengths
- Action Steps
- Don't Quit

## **Session 10 Guarding Your Integrity**

- Personal Responsibility
- Communicating with Integrity
- It's Hard to Get Away from a Good Listener
- Hold Yourself Accountable Daily

#### Each session includes:

- CD's for convenient listening and retention
- Complete script of each CD
- Supporting Quotes
- Self Evaluation Checklists
- Action Exercises
  - Feedback and Discussion Sheets

## FOR MORE INFORMATION CONTACT: Michael Gidlewski – Growth Catalyst Achievement Unlimited, Inc, www.achievable.com

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