

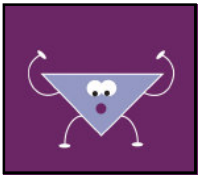


growth through change

Self-Driven High Performance

.....delivering results-focused consultancy, training & development

A series of 3 half day practical sessions, supported with materials and delivered in conjunction with a Myers Briggs Type Indicator profile tool to establish the impact of personality on high performance.



The Concept

A Key Attitude + A Set of Skills + A Way of Behaving = Self-Driven High Performance

▶ **Session 1: *Understanding Self-Driven High Performance***

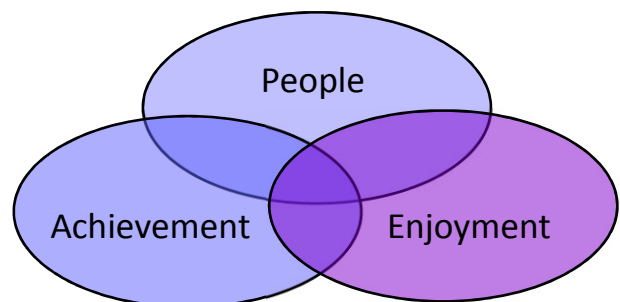
Are you a work victim?
Whose business is it anyway?
7 key skills of self-driven people and 1 key attitude!
Self-driven behaviours
Fine tuning “independence to interdependence“
Maintaining positive regard, genuineness and assertion

▶ **Session 2: *Personal power and self-management***

Positive negotiation, styles and strategies
Conflict resolution
Managing own workloads
Understanding your own and others strengths

▶ **Session 3: *Managing your own career & the future***

Managing own learning & development
Dealing with mistakes productively
Seeking & receiving feedback
Establishing success criteria
Putting it all together



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