

## **Team Pursuit Lab** *High Performance Mindset Training*

### **Phase 1** Needs Analysis

Once engaged, we will conduct a performance needs analysis to identify key areas for people performance development, goals and objectives, strengths and weaknesses, opportunities and threats.

### **Phase 2** High Performance Mindset Training Delivery

#### **Module 1 - Clarity**

Clarity is pivotal for a high-performance mindset. Amidst distractions and competing priorities, a clear vision directs our focus and actions with purpose. It anchors us to our goals, values, and strengths, ensuring every effort is effectively channelled. Without clarity, talent can be wasted, but with it, motivation is fuelled, stress is reduced, and optimal performance is achieved. Dive into this module to understand the power of clarity in driving success.

#### **Module 2 - Focus**

Focus transforms clarity's vision into tangible results. Amid distractions, it's the beacon guiding our energy towards vital tasks. While clarity sets the destination, focus shapes the journey, making each step deliberate and impactful. This module unveils how honed focus accelerates progress and dictates high performance.

#### **Module 3 - Feelings**

Feelings and emotions are more than just reactions; they're powerful drivers of high performance. Harnessing these emotions unlocks unmatched motivation and resilience. While logic directs decisions, feelings ignite passion and perseverance. This module showcases how leveraging emotions enhances performance results.

#### **Module 4 - Action**

Action bridges the gap between intention and achievement. While mindset and feelings set the stage, it's action that turns visions into reality. Even small steps build momentum and affirm commitment. This module underscores that in the realm of high performance, true success emerges from the act of doing, beyond mere planning.