



An individualized program that addresses the #1 driver of employee engagement and resilience: the relationship a leader has with their direct reports.



Building Powerful Relationships is a one-day workshop, with three months of support, focused on giving leaders the tools to drive employee engagement and create resilient environments through building powerful, high-trust relationships within their teams.

High performance is not possible without pressure. Through their behaviour, however, the leader determines whether stress and pressure will extinguish the flame of high performance or IGNITE the desire within others to reach ever higher levels.

In this program, leaders learn a practical tool-kit for becoming IGNITERS and creating a work environment where Healthy High Performance is the norm.

Participants Will Learn:

- A practical leadership model for building powerful relationships
- How their personal leadership tendencies will support and hinder their ability to build relationships with others
- How to manage themselves in order to mitigate leadership tendencies that are not productive
- How to create mutual trust—the bedrock of strong relationships
- How to create and effectively communicate a compelling vision for the future that inspires and motivates others
- A process for working with high performers to uncover blocks to ever increasing levels of performance and work through them
- How to lead with compassion and courage when the going gets tough

The Building Powerful Relationships program comprises three components that combine to provide a truly individualized learning experience with support for practical application.

TAIS SELF-ASSESSMENT

Prior to the workshop, **participants complete a self-assessment.** The Attentional and Interpersonal Styles inventory (TAIS)—that highlights 18 key performance indicators for leaders. **Participants receive a detailed report that is debriefed during a 1-on-1 session with a TAIS Coach prior to the workshop** to provide focus heading into the classroom.

WORKSHOP

A 1-day workshop is the heart of the Building Strong Relationships program, with an expert facilitator bringing the practical, skill based relationship model to life through a highly participative experience. Drawing on the results of their TAIS assessment, leaders are challenged and supported in identifying what will be most critical for them to apply given their unique reality and tendencies.

TRAINER AS PARTNER

Each participant creates a Building Powerful Relationships Action Plan at the close of the workshop that is reinforced through two email touch-points following the workshop and a 1-to-1 **accountability call with the workshop facilitator 3 months out.**

Most training doesn't stick—ours does. Building Powerful Relationships program has been carefully designed to incorporate three of the key requirements for sustained behaviour change

1. Supply of new skills and practical tools
2. Practice in applying the new tools, with impartial coaching to learn from mistakes
3. Aligned measurement at the individual level

A Practical Model For Leadership: The Heart Of The Program

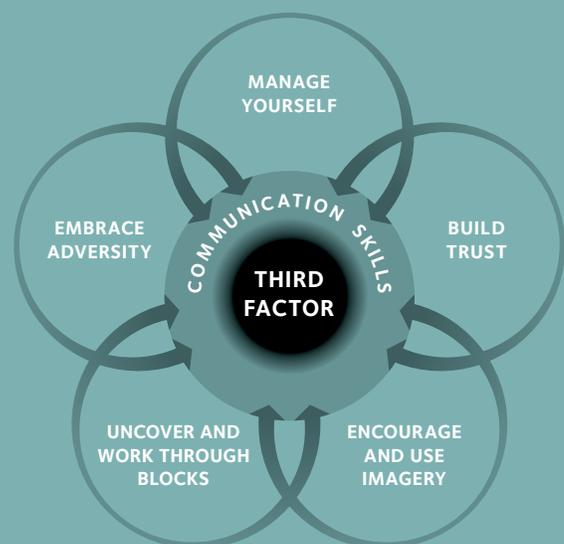
The model at the heart of the program represents the distillation of a lifetime of work by Performance Coaching founder Peter Jensen.

First introduced in his best-selling book *Ignite The Third Factor*, the model is the answer to the leader's ultimate question: "how do you get another individual committed to reaching their full potential?"

Drawn from Peter's experience working with over 50 Olympic medalists and their coaches across 7 Olympic games, as well as thousands of executives as a teacher at Queen's School of Business, the model highlights five critical practices that underpin building powerful relationships in environments where pressure and the need for excellence are present.

With a focus on practical tools in each of the five areas, the Building Powerful Relationships workshop helps all leaders tap into the underlying desire in others to move to Healthy High Performance.

THE IGNITE LEADERSHIP MODEL



Over 25,000 managers have graduated from Performance Coaching programs around the world—and their feedback speaks volumes.

99.2%

*would recommend the course
to others*

98.4%

*are confident they will be able
to apply what they learned*

Performance Coaching Inc. focuses relentlessly on enabling exceptional performance under pressure.

WE APPROACH PERFORMANCE UNDER PRESSURE FROM TWO SIDES.

Self-management skills and tools for individuals to improve their ability to perform under pressure, and skills and tools for coaches and manager-coaches to support others in achieving ever higher levels of performance under pressure.

WE OPERATE IN TWO ARENAS: ELITE SPORT AND BUSINESS.

Our founder, Peter Jensen, has helped over 70 Olympic medalists perform at their best under pressure and all of our full-time trainers work in business and prepare elite athletes for competition. What we learn in the sports 'laboratory' is constantly applied to our work in business.

FOR MORE INFORMATION

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