

BUILDING RESILIENCE



LEARN HOW TO STAY RESILIENT UNDER PRESSURE—AND RECOVER QUICKLY FROM SETBACKS

When you are performing under pressure, there is an additional layer of skills required to be effective. Over the long term, success in high pressure situations hinges not just on your skills and knowledge, but also on your ability to recover, remain focused, stay energized, and show up motivated every day; in other words, your ability to be resilient.

Resilience skills can be learned, practiced and mastered. High performers in both business and sport know this, and apply this knowledge on a daily basis.

THE 'MENTAL FITNESS' TOOLKIT FOR PERSONAL RESILIENCE

Based on Performance Coaching's wealth of experience with elite Olympic athletes and senior corporate executives, this presentation teaches the practical techniques to achieve results. The concepts presented are reinforced with memorable anecdotes from both the corporate and athletic arenas, and peppered with humour.

PARTICIPANTS WILL BEGIN TO UNDERSTAND HOW TO:

1. Become more mindful and aware of the choices they have under pressure
2. Carry more energy through the week by reducing wasted energy and improving the ability to recover
3. Choose the perspective and mental 'game film' that support their ability to be at their best
4. Separate what they can and can't control in high stakes situations, and then take appropriate action
5. Pay attention to the right things under pressure and reduce missed information that can lead to 'choking'

There is power in pressure. Learn how to convert it to higher levels of performance. Building Resilience will show you how.

ABOUT THE PRESENTER

DANE JENSEN is a furious cross-pollinator between the podium and the boardroom. As CEO of Performance Coaching, he works every day to enhance Canada's business and athletic competitiveness through better strategy and stronger leadership. His clients include CIBC, WestJet, University Health Network, the Canadian Paralympic Committee, the Canadian Sport Institute Ontario, and Right To Play. He has worked as an advisor to Senior Executives in 12 countries on 5 continents, he contributes regularly to The Globe and Mail on the topics of strategy and leadership, and was previously an Associate Partner at the strategy consultancy Monitor Deloitte.



"Working with Dane Jensen has been a game changer for us when it comes to strategy. Dane was engaged at a crucial moment for Paralympic Sport in Canada and his leadership throughout the [strategy] process was outstanding. He has provided our Board, myself, and my team with a refreshed set of skills ... and his strategic counsel has helped strengthen and clarify the path forward for CPC."

*—Karen O'Neill, CEO,
Canadian Paralympic Committee*



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