

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

GARRY WATANABE spent 5 years as a corporate lawyer before obtaining a Masters Degree in Sport Psychology and following his passion to coach elite swimmers in South California. Now, he works with one foot in the boardroom and one foot in the world of elite sport—as an instructor at Queen's Smith School of Business, a speaker, a coach to Olympic coaches, and mental performance consultant to elite athletes.



"Garry was a terrific facilitator! His in-depth knowledge of coaching and ability to connect to his audience really made learning a fun experience."

*—Phong Kieu, Senior Channel Manager,
Retail Investments e-Business,
BMO Financial Group*

"Garry's dynamic delivery keeps the audience entertained and energized, while his examples ground the skills and concepts in the real world. Garry's workshops are practical and powerful experiences demanded by many executive audiences. Participants are able to apply his lessons both at work and throughout their personal lives."

*—Ruth Rappini, Director of Custom Programs,
Queen's University*



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