

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

KARYN GAROSSINO is an ex-Olympian who applies her personal expertise in performing at high levels under pressure—without sacrificing health and wellbeing—to help leaders across Canada become more resilient and recover quickly from set-backs. She has delivered Building Resilience across Canada to leading corporations including TD Bank and ADT Securities, and in partnership with Queen's Smith School of Business.



"What a privilege it was to attend your Inside Edge session. I learned so much over the past two days and I've been sharing Karyn's examples and my enthusiasm with my colleagues back at the office. The presentation was informative, educational, inspiring, enlightening, fun and energizing. Wow."

*—Diana Barkley, Director of Public Affairs,
Methanex Corporation*



PERFORMANCE
COACHING

Toll Free 1-800-513-0945

www.performancecoaching.ca