

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

PETER JENSEN is the author of *The Inside Edge* and *Ignite The Third Factor*, the founder of Performance Coaching Inc., and a longstanding instructor at Queen's Smith School of Business. A dynamic speaker with a Ph.D. in Sport Psychology, Peter has attended 8 Olympic games as a member of the Canadian team and helped over 70 athletes medal. With the world of Olympic sport as a laboratory, he has developed a deep understanding of what it takes to be a successful leader of high performers. Peter is a renowned innovator—bringing coaching and personal high performance to corporations worldwide. As a speaker, Peter has the power to invigorate audiences through his compelling use of humour, personal experiences and concrete, actionable content.



"Peter made an invaluable contribution to the overwhelming success of this conference on organizational and societal leadership. His teachings—and his manner of teaching—created a deep impression on the participants, all of whom are leaders within their own organizations. In fact, Peter was invited back to speak for a second day."

—Ian Anderson, Executive Director,
Governor General's Leadership Conference



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