

**BUILDING  
RESILIENCE**  **THRIVING IN A 24/7 WORLD**



Thrive under pressure in your professional and personal life.



Building Resilience is a 1 or 2-day workshop that helps participants learn, practice and master the personal resilience tool-kit used by high performers in both business and sport on a daily basis.

When you are operating 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.

---

## Participants Will Learn How To:

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

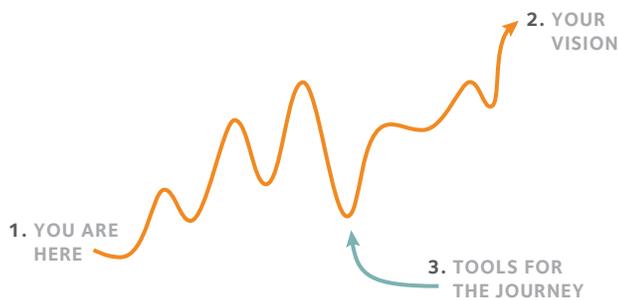
The Building Resilience program comprises three elements that incorporate self-awareness, new skills and tools, and built-in accountability and support.

## RESILIENCY MAP SELF-ASSESSMENT

As part of the workshop, participants complete the Resiliency Map to understand current demands, resiliency assets, and levels of functioning. This provides a personal baseline for exploring the Building Resilience toolkit.

## WORKSHOP

The Building Resilience workshop guides participants in discovering their current resiliency demands and assets, helps them clarify a vision for their future that has meaning for them, and then introduces a practical set of resiliency tools for the tough parts of the journey from where they are to where they want to be.



## TRAINER AS PARTNER

Each participant creates a Resilience Action Plan at the close of the workshop that is reinforced through a 1-to-1 accountability call with the workshop facilitator 3 months out.

## The Tools For the Journey

Building Resilience gives participants an advantage on the journey from where they are (as articulated via the Resiliency Map) to where they are going (their vision). In particular, they learn skills to stay resilient during set-backs and times of uncertainty.

Based on the 'mental fitness' tool-kit first introduced in Peter Jensen's book *The Inside Edge*, participants learn skills for maintaining an optimistic and healthy perspective, methods for managing and sustaining energy for optimal performance, how to access and use mental imagery to enhance resilience and a strategy to remain engaged during challenges.

These inner skills lead to increased performance under pressure, consistently higher energy levels, and the clarity to focus on what matters most.

### THE INSIDE EDGE MODEL



Most training doesn't stick—ours does. The Building Resilience program has been carefully designed to open participants to development through self-awareness, provide them with new skills and tools to take action, encourage them to commit to a change, and then provide them with the support and accountability necessary to sustain their focus.



**Awareness**  
Resiliency Map



**Skills & Tools**  
Four Resiliency Skill Sets



**Commitment to Action**  
Action Planning



**Support & Accountability**  
Trainer As Partner

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

---

99.2%

*would recommend their  
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**

1-800-513-0945

[www.performancecoaching.ca](http://www.performancecoaching.ca)

[info@performancecoaching.ca](mailto:info@performancecoaching.ca)



**PERFORMANCE  
COACHING**