



THE INSIDE EDGE

Mental Fitness Skills for Performance Under Pressure

Mental fitness is the bridge between ability and execution in today's highly demanding work environments. *The Inside Edge* teaches a versatile set of mental fitness skills rooted in Sport Psychology and used by high performers, in sports and in the boardroom, to generate exceptional results on a daily basis. Participants learn how to apply the skills in their personal and professional lives to achieve results while staying healthy.

Who will benefit?

Anyone who is working in situations where pressure and the need for excellence are equally present. People who are dealing with pressure from constant change, workload, deadlines, difficult people or other sources, yet who are still expected and required to operate at high levels of performance.

What will participants learn?

The Inside Edge begins with self-awareness. Participants fill out the StressMap personal assessment instrument to learn what the sources of their professional and personal pressure are, and their strengths and weaknesses in handling that pressure.

With a personal context in place, the workshop moves to focus on the powerful *Inside Edge* mental fitness skill set. Through a dynamic combination of lecture, guided exercises, and discussion participants are taught:

- Skills for accessing all of their capabilities under pressure
- Skills for maintaining a useful perspective through difficult situations
- Methods for managing and sustaining energy for optimal performance
- How to harness the power of the imagination to mentally rehearse challenging situations
- How to maintain focus on a clear and compelling personal vision that has meaning

“ Thank you. This course surpassed my expectations. I leave very well equipped and with an increased awareness to enhancing the quality of my life and personal effectiveness.”

– workshop participant



What will participants learn? (continued)

Participants are also taught a structured process for practicing each skill outside of the workshop. Finally, participants move the mental skills from theory to personal action through a modified version of the *GROW* process. Using this structured peer coaching method each participant develops a personal action plan for achieving optimal performance through mental fitness.

What will participants take away with them?

All of the workshop materials are designed for use outside of the course. They contain both reference materials to clarify and reinforce course concepts, and exercises that allow participants to master the mental fitness skill set.

- 1. Student workbook:** The workbook is divided into 2 main sections. The first section contains all of the content covered throughout the workshop. It includes enhanced versions of the over-heads used by the trainer, and space for participants to record their own observations. The second section comprises exercises the students will use during the session and back at the office. The workbook has been designed so that participants can listen and absorb dialogue in class without being required to take detailed notes.
- 2. Personal profile:** A comprehensive personal profile and workbook in the form of a StressMap that charts the sources of pressure and satisfaction in your life and your strengths and weaknesses in dealing with same.
- 3. Exercise CD set:** The Exercise CD contains several audio exercises that enable students to practice the mental fitness skill set anywhere. Included, among others, are a deep relaxation, a breathing exercise, and a guided image.
- 4. The Inside Edge book:** Dr. Peter Jensen's best-selling book *The Inside Edge* serves up the content of *The Inside Edge* workshop in an entertaining, engaging package. Peter outlines the skills of mental fitness reinforced by numerous personal examples from his work with Olympic athletes and leading corporations.

“ This course came at a very stressful time in my life. It will help me tremendously to deal with these stresses and I plan on definitely using these tools. Thank you for your help.

– workshop participant



What benefits will my organization realize?

1. Employees who consistently execute in high pressure, mission-critical situations

Mental fitness is the bridge between ability and execution in high pressure situations. *The Inside Edge* gives your employees the skills they need to access their expertise and perform to their full potential when it matters the most.

“ This was a great program! Fast-paced and energetic way to make you think about life and the future. And, most importantly, *no role plays*. The material is very easily related to real life both at work and home and my personal challenge will be to implement some of these strategies to help me become a more effective person.”

– workshop participant



What benefits will my organization realize? (continued)

2. Improved focus and morale during times of change

Mental fitness is a major factor in effective change management. People focused on coming through change stronger and in control will ride the emotional roller coaster far better, and be more productive, than those who become overwhelmed and negative.

3. A healthy culture where people take responsibility for managing their stress

Merely ‘coping’ with stress does not lead to satisfaction or excellence. The awareness of the root causes of personal stress outlined through the StressMap, combined with the mental fitness skills to proactively manage it, provides a comprehensive approach to managing pressure and preempting the negative impact stress can have.

4. Highly committed employees who appreciate their organization’s concern for its employees and the opportunity to learn skills to manage work and life pressures.

The Inside Edge demonstrates an organization’s commitment to employees, indicates an understanding of their challenges, and shows a willingness to invest in their well-being. Your employees will emerge with renewed commitment to an organization that pays more than lip-service to the concept ‘people are our greatest asset’.

Format

The Inside Edge workshop is our most versatile workshop in terms of format. Most frequently we do it as a two day or one day workshop. The two day workshop teaches all of the mental fitness skills with opportunities for discussion, practice and back home planning thereby insuring transferability of skills. The one day workshop builds tremendous self awareness and personal responsibility and teaches certain key mental fitness skills that inspire people to act. For people planning large events the *Inside Edge* program is readily adaptable as its relevance crosses all boundaries.

For more information contact Performance Coaching at 1-800-513-0945.