

THE HIGH PERFORMANCE LEADERSHIP PROGRAMME



Feeling

- Calm
- Alert
- Optimistic
- Confident
- Energised

Acting

- Engaging others
- Being direct
- Resolving conflict
- Strategic action
- Proactive
- Coaching

Thinking

- Focused
- Creative
- Visualising the big picture
- Strategic



A comprehensive programme of development

High Performance Leadership is about being in an ideal performance state, in the flow or the zone for as long as possible. This is a state of body and mind that enables leaders to make better decisions, be more creative and resist stress and burnout. It opens possibilities to increase the productivity of meetings, to lift the performance of individuals and teams, to enhance strategic planning, to better solve problems and give customers outstanding service. The zone is the central idea in performance psychology.

Dr. Iain McCormick of the Executive Coaching Centre has developed a comprehensive coaching programme aimed at building effective sustainable high performance leadership.

Learning to be a high performance leader and spending more time in the zone can be achieved through enhancing the leader's ability in three fundamental areas: feeling, thinking and acting. In the zone the leader feels calm, alert, optimistic, confident and energised. He or she thinks in a focused and creative way, visualising the big picture and thinking strategically. He or she acts in a way that engages others, speaks directly, resolves conflict, behaves strategically and proactively and effectively develops others.

The high performance leadership coaching programme consists of the following:

1. Using the Power of Fully Engagement programme to build focus and productivity

2. Using Acceptance and Commitment Training to manage emotions and build well being
3. Using Adaptive Leadership to develop new innovative approaches to leadership
4. Collaboration skills development to engage others, be direct and resolve conflict
5. The Strategic Thinking programme to build the ability to see the big picture, develop strategic plans and undertake strategic actions.
6. The Coaching Skills programme to learn to develop others effectively.

Any leader committed to development can learn to spend more time in the zone and achieve high performance.