

Brilliant Me - High-flying Performers

Our flagship course – The Circus of Life – covers a range of topics that provide vital mental health awareness knowledge coupled with a comprehensive set of tools to build personal resilience and to promote personal wellbeing.

‘Brilliant Me – High Flying Performers’ takes delegates to the next level - building confidence, motivation and personal leadership skills.

Inspired by leading motivational speakers and world class business coaches, delegates will leave this workshop ready to work and perform at their brilliant, brilliant best!



Results

Delegates will be able to:

- Understand how to react positively to change and to challenges
- Be open to opportunities around them
- Respond positively to negative behaviours
- Identify their strengths
- Understand their impact on others
- Identify the key behaviours required to consistently perform at their best
- Increase confidence in their ability to achieve
- Adopt a positive mindset and encourage personal leadership

Key topics

- Key behaviours of top performers
- Understanding personal strengths and building on them
- Personal impact and communication strategies
- Building personal leadership and self-motivation
- Dealing positively with negative behaviour

Benefits of attending

Delegates will understand what their own strengths are and how their behavior impacts on others

Delegates will understand the key behaviours of top performers and will be able to use positive communication methods to influence those around them

Delegates learn to challenge habitual thought patterns and limiting belief systems

Delegates learn to take personal responsibility leading to robust personal leadership skills

Who should attend

All staff

Duration

1 day 09:30 – 16:30

For more information or to book please contact Resilient Me