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Subject: The Psychology of Excellence

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The Psychology of Excellence

7 Essentials to Peak Performance



7 Essentials to Peak Performance

This course is designed to teach the 7 essentials of peak performance and excellence. The practical applications from this Psychology of Excellence training will be applied in two different areas of performance (e.g., work and life). The focus of the psychology of excellence has grown out of the emphasis on positive psychology as well as the use of mental skills to enhance performance and psychological well-being.

The focus will be on the use of psychological performance excellence. Mental skills that have been typically associated with elite athletes and top performers in all areas of success; such as relaxation, imagery, goal-setting, performance routines, confidence, attention focus, decision-making, and self-talk will be explored with a particular emphasis on applying these skills to a variety of performance settings.

Focus

Commitment

Confidence & Belief

Positive Images

Ongoing Learning

Distraction Control

Mental Readiness

What You'll Learn:

- How to staying clear of negative influences
- How to develop listening and communication skills
- The necessity and power of always giving your best
- Importance of taking an interest in other people
- The 5 activities that contribute to excellence
- The 3 steps to committing yourself to high quality work
- Why we need to continually seek knowledge
- The power of self-development
- How to track and analyze your progress
- How to acquire the power of self-confidence
- Motivation: The path to achievement and excellence
- Develop freedom from worry
- How to maintain focus and concentration
- Establish teachability
- Goal-setting & mental preparation



"Fear
melts
when

- Coping with adversity
- Peaking under pressure
- Controlling your environment and actions
- Time Management: Making the clock work for you
- Stress & Anger Management: Coping with stress
- Conflict Resolution: Interpersonal relationship skills

Complete List of clients, training, speaking topics, and coaching services, video demo, testimonials, and references available at

www.leadershipdynamicsllc.com

For information, please contact:
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Manage Stress and Negative Emotions in Difficult Times (NEW)

Rapport - Learn to Build Trust and Connect With Anyone (NEW)

you
take
action
towards
a goal
you
really
want."

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