THOUGHT PATTERNS FOR HIGH PERFORMANCE®

Getting to the root cause issues that cause organizational under-functioning is the prime focus of *Thought Patterns for High Performance.* Since 1971, Lou Tice and The Pacific Institute have been employing the concepts and tools presented with any organization where excellence is the goal – from FORTUNE 500 companies to the military, education to professional athletes. Simply stated, it works.

IMAGINE YOUR RESULTS

- Enthusiastic employees able to recognize opportunities they were unable to see in the past, and eager to try new approaches.

- People who understand that they are limited not by their potential, but by their ability to use their potential.

- High levels of confidence, and low levels of anxiety and stress.

- A new standard of leadership combined with a new standard of personal, professional and organizational accountability.

- People performing at levels that exceed both internal and external customer expectations.

After just two days, this live-facilitated video curriculum will give your staff members the most powerful tools they will ever need: the ability to change the way they think, the ability to eliminate the stress of change and the ability to self-regulate at ever higher levels of excellence.

HOW DO YOU KNOW CHANGES WILL LAST?

Lasting change starts on the inside and then moves to the outside. If you want lasting change, you don't manipulate the environment. Instead, you modify the foundation of beliefs, habits and expectations. This results in changes that not only last, but that spill over into every aspect of life, both professional and personal. What is more, these are changes that people embrace instead of resist.

HOW IS THE PROGRAM DELIVERED?

Twelve eight- to ten-minute video segments, presented by internationally respected educator and author Lou Tice, focus on the power of self-efficacy – the ability to create and sustain internal success. Each participant is given a Video Resource Manual that is used to help reinforce and personalize each segment. Facilitated discussions target organizational issues and guide participants to apply concepts that address personal and organizational challenges.

In addition, each participant receives an independent-study program in the form of an Audio Assimilation Journal and audio CDs. This follow-through program provides an additional four weeks of continuous education, allowing for full assimilation of the concepts. These learning bursts not only ensure a deeper understanding, but boost the level of results. And, they can be revisited time and time again as a "renewable" resource.

LEARNING UNITS

Unit 1   Mental Prosperity
How to build and maintain high self-efficacy, your ability to make things happen.

Unit 2   The Adventure that Makes a Difference
The way you think really does determine your future success.

Unit 3   How the Blind Can See
Eliminate your blind spots and see the truth.

Unit 4   I Met the Enemy in My Mirror
You control your own life, but your beliefs can limit you.

Unit 5   Building Your Own Public Relations Company
Dwell on the positive and focus on the results by controlling your self-talk.

Unit 6   Techniques for Choking and Other Life Experiences
When we expand our comfort zones, we see opportunities, mental processes flow freely and life is an adventure.

Unit 7   Growing Efficacy in the Company Garden
Strong self-efficacy allows us to aspire higher and handle everything that comes our way.

Unit 8   In the Eye of the Beholder: Prosperity or Disaster?
Take a conceived future for yourself and turn it into a reality.

Unit 9   Creative Discontent
Put your life on a "want to" basis and free yourself from negative stresses.

Unit 10   Experiencing the Future: Holding the Vision
Become outcome-oriented with end-result thinking.

Unit 11   It's Showtime: Reruns or Adventure?
You have the ability to change the picture and move toward it, to live the life you desire.

Unit 12   Mentoring Self and Others
You are strong, you are resilient, you are a winner – and you surround yourself with winners.