



ARIVU
Empower • Innovate • Perform

Managing Performance (2-days)

The programme explores the relationship between resilience and sustainable team performance, looking at the personal resilience of the leader as a role model, how to get the best performance from your teams and how this directly influences team behaviours. It explores psychological methods and techniques in boosting your performance and embracing new ways of thinking and behaving.

As a leader you are challenged to driving for consistent performance while finding ways to embrace new ways of thinking and behaving. By effectively understanding the challenges this involves; managing your personal resilience and acting as a role model you will influence your team's culture and the extent to which your team members will follow you and deliver a sustainable performance.

By the end of this course you will be able to:

- Understand the concept of resilience and its impact on sustainable performance in the workplace
- Assess your current resilience profile
- Recognise what happens in the brain and body in response to uncertainty
- Understand how resilience role modelling can impact your team
- Adopt a number of key techniques to help you (and those you lead)

What will I learn?

Introduction to Managing Performance

- What is 'performance' specific to your organisation and how do you measure it?
- Pressure and stress and do the pressure test
- Energy boosts and drains
- Recharge and recovery

Exploring Resilience in the Workplace

- Physical habits that drain or recharge energy
- Increasing emotional resilience - exploring your personal profile
- Focussing mental energy and human psychology
- Resilience disciplines that can help you and your team members
- Consider human reactions and remedies – getting a deeper understanding

Increasing Resilience and Performance in the Workplace

- Identifying your values and direction in life
- Defining mission and purpose

www.arivu.co.uk

**Innovative & Impactful Coaching & Consulting Services
To Transform Your Business**



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- Rituals and action planning

Using tested psychological tools and techniques to improve performance

- You will be learning and using powerful tools and techniques that great performers and sports personalities use to push themselves further

What others have said about these courses:

“This course will get you to think and then how you behave is as a result of one’s thinking. It’s a fascinating journey that uses psychology to get the best out of yourself and others. I highly recommend that you do this course with Arivu.”

- Wayne Johnson, Citi Bank

To find out more about this course or to enquire about prices, training dates and locations, please contact us on **0871 237 6767 or email us at info@arivu.co.uk**

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