

Reed-Robbins Performance Solutions



The Secrets of Peak Performance,
Resilience & Achieving the Impossible

0800 083 8013
www.reedrobbins.co.uk

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"If you can imagine it, you can create it! If you can dream it, you can become it."
William Arthur Ward.

The Secrets of Peak Performance

"During this powerful and frequently life-changing 2-day event, peak performance expert Jessica Robbins will demonstrate how hard work is a thing of the past!

The most important thing you'll ever do to increase your performance (and in fact all of your results in life) is to ensure that your unconscious mind is working with you rather than against you. That means thinking differently about things so you can be resilient, empowered and unlimited.

You will discover on this course that your limiting beliefs are the **ONLY** thing holding you back from anything you want in life. Anything really **IS** possible and you'll be shown the science behind why this is true!

We will teach you that the word "unrealistic" no longer applies to you and instead, it is just a temporary state.

However, proving to you that anything is possible is the easy part! You need to know **HOW** to make the impossible possible! And to do that you'll need to ensure you remove the limiting beliefs stopping you from having what you want?

First we will teach you the basics of coaching people and how to read people and communicate effectively, so you can send the messages you want to as an inspiring leader.

You will learn what makes people resilient and how to transform situations so you can still perform and get motivated despite setbacks and adversity.

You will understand what causes stress and what you can do right now to prevent stress from taking hold! You will also learn a simple technique to transform other people's behaviour overnight!

You will learn how to go for what you really want. Not the realistic goals... the outcomes you *really* want!

Then, you will learn a straightforward technique for uncovering and overcoming the limiting beliefs that are holding you back from achieving your outcomes.

Once your outcome becomes realistic, the **HOW** becomes effortless and often the path appears right before your eyes so you don't need to do anything but say "**YES**" to the opportunities as they present themselves.

When you understand the science behind achievement and resilience and have the tools to take control of your destiny, the only difficulty will be in deciding what you want!

You'll have the option to finish the event with an uplifting and surprisingly loud and energetic team building breakthrough exercise to integrate your learning and surprise yourself!

The Secrets Of Peak Performance

1 or 2 Day Team Event



What you will gain:

Understand how to be resilient in any situation and stay motivated despite setbacks or adversity.

Realise that it is impossible to use hard work to overcome a limiting belief and that you will always prove your limiting beliefs true!

Understand that it takes no more effort to achieve things you do want than things you don't! It's just a matter of changing our unconscious mind's expectations and desires.

Know how to set outrageous outcomes in a way that your unconscious mind understands.

Know how to uncover and remove the limiting beliefs that are the ONLY thing holding you back from achieving your outcome!

Understand the importance of a peak state for peak performance and how to change state rapidly.

Checklist:

-Suitable for: EVERYONE

-Bespoke & Coaching: Available

The Secrets of Resilience & Motivation

- The principles of success.
- Teamwork and understanding our differences.
- The power of taking personal responsibility
- The meaning is everything! How resilient people think.
- Self-fulfilling prophecies and creating our own realities.
- What is a limiting belief? Where do they come from?
- The patterns that hold us back and where they come from.
- Increasing motivation in ourselves and other people.

The Secrets of Achieving the Impossible

- The process of achievement – asking, aligning, receiving.
- Outcomes versus goals. Which are better?
- How to ask so your mind obeys –setting your outcome properly.
- Finding your limiting beliefs.
- Challenging and removing your limiting beliefs.
- Coaching each other towards achieving the impossible.
- Demonstration of how the impossible is possible in a heartbeat.
- Learning to receive!

Breakthrough To Success

- Optional breakthrough exercise, to bond the team together and celebrate their achievements.



Getting in touch...



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- Performance Psychology
- Influence & Persuasion
- Communication Skills
- Presenting Skills
- Coaching Skills for Managers
- Cultural Change Programmes
- NLP Trainings & Qualifications
- Engagement Programmes
- Leadership Programmes
- Management Programmes