

High Performance Mindset at Work E-Learning course



The HPMW E-Learning course is available for licensing by organisations. Importantly, individuals can complete the course in their own time. The course may be supported by on-line, interactive webinars made available as participants progress through the course.

The six, self-paced 30–60 minute modules include engaging audio-visual presentations, interactive learning activities and personalised surveys and reports.

Learning Objectives

- + Acquire the latest knowledge of top performance
- + Achieve greater self-awareness of your own work mindset and those areas that need further development
- + Gain an appreciation of the commitments of top performances
- + Learn how to maximise your behavioural strengths to overcome blockers to positive work performance and to handle tough situations
- + Display increased organisational agility, creativity and resilience
- + Learn new knowledge, skills and techniques to reduce stress and to enjoy your job



Content

HPMW coaching is conducted over six – to eight sessions. Content of these sessions introduces individuals to the following:

- + Architecture of the mindset of high performance
- + Three commitments of high performers
- + Internal work performance blockers (anger, anxiety, feeling down, procrastination)
- + Tough work situations
- + The ABCs of self-management
- + Behavioural strengths
- + Enhanced Work Performance Cycle
- + Individual Action Plan

A survey-based profile of individual's work performance mindset is provided.

Benefits

Helps individuals to:

- + Develop self-awareness of their mindset, areas of stress and opportunities for growth
- + Develop sense of internal self-direction and personal responsibility
- + Become aware of and overcome 'internal' work performance blockers (anger, anxiety, feeling down, procrastination)
- + Increase positivity, self-belief and optimism
- + Reduce job stress and disaffection
- + Develop/apply more effectively work skills needed to perform challenging tasks and to deal with tough situations
- + Apply an Individual Action Plan for strengthening a High Performance Mindset

Costs to license the HPMW E-learning course depend on a number of factors including number of employees, number of years for license, and whether an organisation wishes to host the E-learning course on their LMS.

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