Introducing
Michael E. Bernard, Ph.D.

Michael Bernard is internationally known for his significant contributions to our understanding of how we operate at our best and when we operate at our worst.

Based on the findings from the field of positive psychology and mindset development, Michael Bernard has identified the psychological architecture of high performance and well-being. He has designed state-of-the-art learning and development programs for:

- leaders, managers and employees (www.workmindset.com)
- parents (www.youcandoitparents.com)
- children and adolescents (www.youcandoiteducation.com)

Currently, he is a Professor in the Melbourne Graduate School of Education, University of Melbourne, an Emeritus Professor, California State University, Long Beach and is the Managing Director, The Bernard Group (mindset development).

An international consultant to universities, organisations, educational authorities and governments, Michael Bernard served for many years as the inaugural sport psychologist of the Collingwood Football Team.

He is the Founder of You Can Do It! Education, a program for promoting student social-emotional well-being and achievement that is being used in over 6,000 schools in Australia, New Zealand, Singapore, England, Romania and North America.

Michael Bernard is the author/editor of over 50 books, 15 book chapters, and 30 journal articles in areas associated with peak performance, resilience, parenting, mental health and school improvement.

A proud father of two very successful and happy children, Michael Bernard is happily married to Patricia, his business partner.
In order for employees to work at the very highest levels of productivity and contribute to the delivery of business strategies that achieve corporate objectives, companies need to invest in the development of the psychological capital of their people.

Michael E. Bernard, Ph.D.

This talk is based on Michael Bernard’s learning and development initiative, The High Performance Mindset at Work (www.workmindset.com). Professor Bernard is internationally known for his significant contributions to our understanding of how we operate at our best and when we operate at our worst.

The question of how people can excel at work while at the same time not being overwhelmed by stress is a very challenging one to answer in today’s post GFC demanding and unpredictable world.

The High Performance Mindset at Work learning and development program is based on over 20 years of international research and successful business experience that reveals that what separates good from great work performance is not the intelligence nor technical skills of individuals. Rather, it is what Michael Bernard refers to as mindset.

Learn:

- The mindset of high performers
- How your mindset compares with high performers including areas of strength and those areas needing further development
- The importance of having three core commitments
- The five behavioural strengths high performers employ to manage tough work situations and to go one better
- How to use a three-step model to respond positively and effectively to tough situations including difficult people
Why do people procrastinate even when they see the disadvantages of delay? The reasons lay somewhere below the surface excuses such as “I don’t have time to do this today,” “It will be easier for me to do it tomorrow,” and “Since I do my best work under pressure, I’ll just postpone this until the pressure builds.”

As Michael Bernard reveals in his recent e-book *Procrastinate Later!,* in order to overcome procrastination, it is important to get at the real truths as to why we engage in this self-sabotaging behaviour including excessive worry about not doing the job properly, low self-confidence, anger about having to do the task in the first place, time disorganisation and other work performance blockers.

Learn:

- Ways to motivate yourself to do high priority jobs you don’t feel like doing
- What rationalisations get you out of doing things you don’t feel like doing
- How to put into practice 10 of the best ‘procrastination bypass’ techniques
- How to get others to procrastinate later
TOPIC 3: The Strength of Self-Acceptance

People’s estimation of their own value, or worth, is exceptionally important. When you denigrate yourself or have a poor self-image, innumerable problems arise.

Research over the past decade shows that the bottom-line evaluations that people make of themselves including their self-acceptance are related to a broad range of work outcomes including: better job performance, increased levels of job and life satisfaction, higher work motivation and higher income.

Positive self-evaluations have also been linked to reduced stress and burnout, better reactions to performance appraisal, better customer service, better adjustment to foreign assignments and lower levels of work-family conflict.

Self-acceptance is a single idea that can make you radically different in many ways and that you can choose to have it or not have it.

This presentation focuses on how to feel worthwhile in spite of one’s imperfections.

Learn:

- The ways in which lack of self-acceptance sabotages well-being and work performance
- Why “self-esteem” is a curse
- Why Martians would say that humans have nutty thinking
- Ways to develop self-acceptance and positive self-regard
- How self-acceptance builds positive relationships
- How to communicate to others to help strengthen their self-acceptance
TOPIC 4: Flourishing
The Gold Standard of Happiness and Fulfillment

What does happiness mean and how do we live our lives to be as happy as we can be? Socrates, Plato, Aristotle, and the Stoics and Epicureans were the first philosophers to ponder over the nature of happiness, inaugurating a tradition that has spanned over the centuries into the twenty-first century.

Over the years, happiness has been considered by some to be a matter of pleasure while others have linked happiness to virtue and how best to live a good life.

Today, across the globe, governments are becoming increasingly aware of the role they play in not only supporting the economic growth of all people, but also the right of their citizenry to happiness and well-being.

And thanks to the work of positive psychologists, we have learned a lot about the actions that people can take to become happier and more fulfilled.

Learn:

- The five areas of your life that contribute to the gold standard of happiness called “flourishing”
- Which delicious dishes you can select from Michael Bernard’s Flourishing Menu to increase your happiness (they are free!)
- Ways you can help family, friends and colleagues how to flourish
TOPIC 5: Rationality and The Pursuit of Happiness

What does it mean to be happy? Happiness can be achieved when we experience many positive emotions such as joy, pleasure, excitement and flow and when we are satisfied and fulfilled in the different areas of our lives including work, family, friends and for some - spiritually,

Unfortunately, the road to happiness is filled with puddles and muddles. In fact, for many, the road towards happiness is more of a rollercoaster; some days we feel genuine pleasure, positivity and even elation – but on other days, we can careen downwards experiencing worry, low self-esteem, anger and negativity.

Based on his book, “Rationality and the Pursuit of Happiness: The Legacy of Albert Ellis” Michael Bernard will describe how the human psyche operates and discuss the impossibility of perfect mental health. He will shed light on ways to overcome the barriers to happiness and the 11 principles of rationality that help anyone, everyone, to have a ball in life.

Testimonials

“Professor Michael Bernard is the brightest jewel in the Melbourne Graduate School of Education’s crown.”
Michael Carr-Gregg, one of Australia’s highest profile psychologists

“Al Ellis was a great psychologist and as Professor Bernard’s book demonstrates eloquently, he was an unsung hero of Positive Psychology.”
Professor Martin Seligman, founder of the modern-day field of Positive Psychology

“Thanks for the presentation. I find stress very difficult and this was a very useful presentation.”

“Today I learnt that it’s how you think and feel about things that happen that is important and whether you see them as very bad or just bad makes a big difference. It’s all about mindset. I need to control my emotions.”

“I found the following content excellent. Putting triggers into perspective. Categorising areas to work on. The ABCs of emotions and addressing self-talk as a driver of stress. The three core commitments to Self, Success and Others.”

Learn:

• The principles of rational living when put into practice, can consistently increase levels of personal happiness.
• Discover which principles of rational living you currently put into practice and those that can be strengthened.
• How the two-minute “Catastrophe Scale” can rid you of virtually all of your stress.
• How ‘rationality’ can be used by anyone to reduce the intensity of negative emotions, to increase the frequency of positive emotions and to promote life satisfaction.
TOPIC 6: The Strengths of Positive Parents

Who wants to be a positive parent? All parents do. This is because we know that when we are positive, our children tend to be confident, resilient and positive.

These days, it is quite challenging to be a positive parent. We are faced with managing and coping in the complex world of the 21st century—we are under a great deal of pressure. And the stress of parenting can make it doubly hard to be positive with our children. We have the pressures of not knowing exactly how best to parent, how to deal with the innumerable challenges and problems that our children experience.

And there is vast array of advice on best ways to parent—the advice can be not only overwhelming, but at times, contradictory.

Over the past two decades of research into parenting practices, the strengths of highly effective and positive parents have been identified.

Learn:

- A stress management technique that has helped tens of thousands of parents manage stress.
- The 10 strengths of highly effective parents.
- Whether to spank or not to spank.
- What to know and do about homework.
- How to teach children self-acceptance.
- The five social and emotional skills that help your children to be successful and happy.
TOPIC 7: Bullying - The Power to Cope

Whether at work, school or at home, bullying is bad – in whatever form it takes, physical, verbal, social exclusionary or as cyber-bullying. And bullying has the potential to greatly wound victims. When someone who is more powerful than you says derogatory things about you, applies pressure on you to do something against your values or wishes, excludes you or physically harms you, it is normal for your emotions to be greatly affected including feeling inadequate, embarrassed, depressed, helpless, anxious or furious.

One challenge for you if you are the target of bullying is how to protect yourself emotionally from the insult or injury so that you are not wounded. By feeling less wounded and in emotional turmoil, it is easier to stand up to bullying and to take constructive and protective action.

Workplace risk management procedures, school prohibition and home rules are important to decrease the incidence of bullying. So, too, is restorative justice and measures where offenders are encouraged to take responsibility for their actions and to repair the harm they've done.

However, just as bullying has the potential for significant emotional harm, so, too, do individuals have the potential to be less vulnerable and more resilient towards bullying and its' effects. What is now abundantly clear is that your mindset about bullying largely determines the effect of the bullying on your emotional and behavioural response.

Learn:

- When bullying and harassment has their most devastating effects
- What are the main emotional responses to bullying?
- How occupational health and safety policy as well as learning and development initiatives need to incorporate psychological strength building including coping skills training
- The most powerful idea that protects everyone from the emotional harm of bullying
Michael Bernard is the Founder of You Can Do It! Education, a mindset development that develops social-emotional competence (confidence, persistence, organisation, getting along, resilience) that promotes student social-emotional well-being and achievement. World-wide YCDI is being used in over 6,000 schools in Australia, New Zealand, Singapore, England, Romania and North America.

www.youcandoiteducation.com  www.youcandoitparents.com

Michael Bernard speaks to students about the keys to success and happiness

Michael Bernard presents school award

Michael Bernard discusses YCDI with Reverand Chooi Seng Ong (Singapore)

TESTIMONIALS

"Dr. Michael Bernard’s thinking and his program are eminently sensible and based on sound principles of child development and psychology."

- The London Times

"Michael Bernard has developed an effective program for young people who want to do well in school, in their social relations, and in other important aspects of their life ... I highly recommend it!"

-Albert Ellis, Ph.D., Internationally acclaimed psychologist, founder, Rational Emotive Behaviour Therapy (dec.)

"Parents and educators are today focusing on the necessity of a value-based education ... This YCDI program is an excellent vehicle particularly for achieving such positive outcomes for students."

-Pat Lynch, executive director, New Zealand Catholic Education
Benefits of You Can Do It! Parents

1. Feeling more calm and in control in stressful situations
2. Knowing how to teach your children the keys for success and happiness (confidence, persistence, organisation, getting along, resilience)
3. Effective child management tools for handling different situations
4. Discovering the strengths of positive parents and which ones you can further develop
5. Learning about the first time experiences of parenting of children of all ages

www.youcandoitparents.com

You Can Do It! Education

NEWS FLASH

encouraging them to enjoy their role as parents, including the management of stress. Specific topics include: Getting It Right from the Start, Highly Effective Positive Parents, Parent Stress and Well-being, Children's Motivation and Success and Happy, Flourishing Children.

www.workmindset.com - this website hosts the e-learning course "The High Performance Mindset at

www.youcandoiteducation.com
High Performance Mindset at Work Matters Most

Maximise your work performance and go one better by applying the mindset of top performers. Look forward to the benefits by enrolling in this innovative, engaging e-learning course The High Performance Mindset at Work by international expert, Professor Michael E. Bernard.

- Higher productivity and profitability
- Increase in work satisfaction
- Greater creative problem solving
- Well-being and less stress

www.workmindset.com

TESTIMONIALS FROM PARTICIPANT WHO HAVE ATTENDED THE HIGH PERFORMANCE AT WORK TRAINING WORKSHOP

“This was a fantastic program to focus my thinking on maximising my performance not just at work but overall for life. I highly recommend it for anyone who strives to achieve their maximum potential.” Karah Larsson, Lawyer, Quinert, Rodda & Associates

“The High Performance Mindset program has such valuable material which could be applied to a wide variety and range of workplace situations – very exciting,” Lea Monaghan, JetStar Cabin Crew Manager and Trainer

“This program is an excellent opportunity to stop and recalibrate performance, style and approach to work and life.” Tim Wain, Director, Waimor Management Strategies

“For anyone struggling with achievement and goals – this program will help you improve if (and only if!) you want to develop yourself.” Eve Ash, Managing Director, Seven Dimensions

“The program is a valuable tool in helping to deconstruct our workplace behaviours and reactions to the professional world.” Venise Reilly, Managing Director, Visioneer

“I learned a lot about myself and I’m looking forward to putting my new skills into action on Monday back at work.” Ron Drost, Director, Best Practice Solutions

“Being new to the world of work, this program provided great insights into how I can operate with a high performance mindset – taking away great skills to implement and to improve my working behaviour.” Rebecca Larsson, PR Assistant to Managing Director, Thrive Melbourne

“I am intrigued and enthralled with the thinking process of the developer of this program – Michael Bernard.” Phil Luchetta, Managing Director, Lodge Bros., Stonemasons


Bernard, M.E. *Teacher Guide for Boosting Student Motivation, Self-Esteem and School Achievement, 2nd Ed.* ON: Hindle & Associates, pp. 117. (Published in the United Kingdom, the United States and Canada).


Bernard, M.E. *The You Can Do It! Training Programme for Young Adults.* Priorslee, Telford (ENG): Time Marque, pp. 145.


Bernard, M.E. *The You Can Do It! Early Childhood Education Program: Developing Social-Emotional-Motivational Competencies (4-6 Year Olds).* Oakleigh, VIC (AUS): Australian Scholarships Group; Laguna Beach, CA (USA): You Can Do It! Education, Priorslee, Telford (ENG): Time Marque.
SELECTION OF BOOKS
BY MICHAEL E. BERNARD


Booking

Michael E. Bernard

Professor Michael E. Bernard is available to give talks and workshops. For more information on Booking Fees, contact The Bernard Group (see below).

Keynote presentation (60 – 90 minutes)
Keynote presentation (60 – 90 minutes)

Organisation/Corporate-tailored workshop (half-day) (under 50 people)
Organisation/Corporate-tailored workshop (full-day) (under 50 people)

*Workshops can be tailored for larger groups, based on a customised quote

Michael Bernard is based in Melbourne, so if your events are outside of the Melbourne metropolitan area, and or are based in other countries, states etc., all travel, accommodation, meals and incidental costs will be incurred by the client booking the speaker. Depending upon the time of the presentations, overnight accommodation may be required.

Travel Requirements
Within Australia this must be premium economy or business–flying with Qantas. Internationally this must be business class–flying with Qantas or an affiliated airline where possible.

Accommodation Requirements
5-star accommodation is required with chauffeured car provided to assist with transfers.

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