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In The Zone

Performance Training

THE 4 P's ... "R"



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PURPOSE

1. The reason for which something exists or is done, made, used, etc.

PASSION

1. The state of being acted upon or affected by something external, esp...



PREPARATION

- Proper
- Planning
- Prevents
- Poor
- Performance

PERMISSION

- To Try
- To Fail
- To Succeed



PERCEPTION

Perception is the process by which we receive and interpret information from the world around us.

SELF PERCEPTION

Self-perception theory is an account of attitude change developed by Psychologist, Daryl Bem. It asserts that we develop our attitudes by observing our own behavior and concluding what attitudes must have caused them.



RESILIENCE

. . . the ability to recover from or adjust easily to misfortune or change — to bounce back — after being subjected to adversity or stress.

There are Eight Dimensions that resilient individuals share



FIRST DIMENSION: SELF-ASSURANCE

- Viewing the world as complex and challenging . . . But filled with opportunity.

SECOND DIMENSION: PERSONAL VISION/PURPOSE

- Having a clear vision of what you want to accomplish/achieve.

THIRD DIMENSION: FLEXIBLE/ADAPTABLE

- Remaining true to your purpose/vision while making room for other's ideas and opportunities .



FOURTH DIMENSION: ORGANIZED

- Creating structures and methods to bring order and stability on your own terms.

FIFTH DIMENSION: PROBLEM SOLVER

- Viewing impossible problems as challenges and opportunities for learning and growth.

SIXTH DIMENSION: INTERPERSONAL COMPETENCE

- Displaying emotional intelligence — self-awareness, self-control, and social awareness.

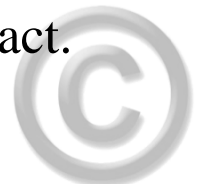


SEVENTH DIMENSION: SOCIALLY CONNECTED

- Reaching out to others.
- Building bridges, sharing solutions, exploring opportunities together.
- Discovering common ground.
- Contributing to other's welfare — giving of yourself.

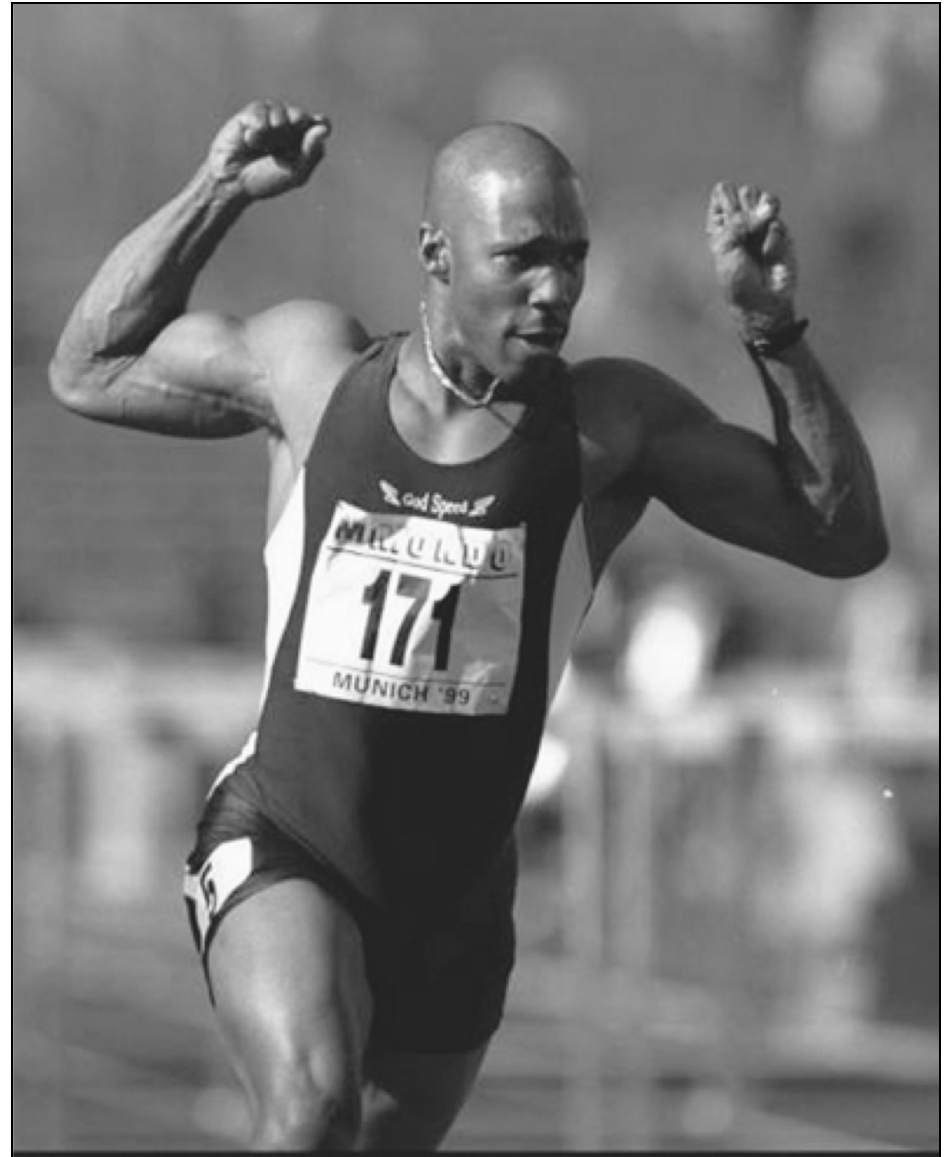
EIGHTH DIMENSION: PROACTIVE

- Engaging change directly.
- Focusing on — and expanding — your sphere of influence.
- Focusing on actions that you can take vs. waiting for others to act.
- Leading others through change by setting the example . . .



*“The race is not give to the swift,
nor battle to the strong, but to
those who endure to the end.”*

THANK YOU!



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