



Winning Spirit© ...Enhancing performance through the eyes of sport

Often analogies and parallels are drawn between workplace performance and the sporting world. This interactive, energizing session filled with real life examples will open your eyes and challenge you to view different facets of personal and team performance in a different light.

Session insights:

- Importance of psychological skills in reaching one's potential
- Benefits of these skills in handling day to day activities
- Introduction to six psychological skills for success
- Explores how good you are at:
 - Staying positive under adversity
 - Visualizing effective responses
 - Staying rational and decisive under pressure
 - Maintaining focus
 - Energizing when temporarily fatigued
 - Staying loose and responsive in critical situations
 - Managing time and relationships effectively
- Opportunity to share resources...ideas and best practises

Session Facilitator:

Cec Hanec, through creative customized solutions for the 'people side' of business, delivers leadership, coaching and performance enhancement services for companies, organizations and individuals striving for increased success.

She is an acknowledged leader in innovative performance enhancement solutions that energize and inspire businesses, organizations and individuals to be productive and successful. Cec is certified in Behavioural Analysis, (CBA), Values Analysis (CVA) and certified to deliver TriMetric Systems for Talent Management, Job Benchmarking and Performance Coaching.