

# Energy, Attitude and Focus linked to Success

**Overview** This programme focuses upon the effect attitude has on performance. People can have the right skills and knowledge but without the right energy, attitude and focus, success is unsustainable.

Do you admire people who achieve ? Is their energy, enthusiasm and positive approach a natural ability ?

This programme is about exploring your own potential to achieve your goals and be successful.

High-level aims are to :

- Understand the impact of attitude.
- Consider strategies for influencing attitude.
- Create the right environment to fuel success.

Interactive content with strong focus on delegate contribution and work based practical application of key learning's.

**Content** Defining high performance  
Attitude versus skill  
Attitude – Where are you ?  
Goal Setting  
Compelling Vision  
Stretch your Comfort Zone  
Motivation  
Personal Improvement Grid  
Review and Commitments

Activities cover : Pre and post course delegate activity

**Duration** 1 Day

**Location** Flexible



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