



ACHIEVING PEAK PERFORMANCE

Developing Excellence in Self & Others

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PEAK PERFORMANCE

Peak Performance is an elusive plateau that encompasses both the visible external traits and the invisible internal characteristics that a leader needs for his or her entire leadership journey. It focuses on bringing to the surface the principle of leading by using the “**golden rule.**” The individual who desires to be a peak-performer needs to want to lead using a principle-based approach that answers the “**why**” instead of just the “**how.**”

INSPIRING A SHARED VISION

- ◆ Who are you?
- ◆ Where do you come from?
- ◆ Whom do you credit with the platform upon which you will build your legacy?
- ◆ What makes you laugh?
- ◆ What makes you grieve?
- ◆ What gives you hope?

THE FUTURE IS NOW

- BOUNDARYLESS
- MODULAR
- VIRTUAL

“In times of change, it is the learners who will inherit the earth while the learned find themselves beautifully equipped to deal with a world that no longer exists.”

Eric Hoffer

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THE LAW OF PEAK PERFORMANCE

The Law of Peak Performance states that most people will continue to remain in the comfort zone and never move into the effective zone unless the possibilities and probabilities of such momentum are revealed to them from sources they trust admire and respect.



CAUSING OTHERS TO WANT YOUR LEADERSHIP


- Dynamic** — People with fluidity. They exhibit a thirst for learning new things.
 - Organized** — People who know the time and place where their ideas will have the greatest acceptance.
 - Sensitive** — These leaders are welcoming of input and not rigid.
 - Effective** — People who know the difference between comfort and effectiveness.
 - Strong Willed** — Firm but fair
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THE MESSAGE

- ◆ Frivolous
- ◆ Factual
- ◆ Feeling
- ◆ Fellowship
- ◆ Freedom

MOTIVATING THE TOP PERFORMER

ASSUMPTIONS

- SOCIETAL
 - EXPERIENCE-BASED
 - AGE AND GENDER
 - PERSONALITY BASED
 - MANAGERIAL
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THE METHOD

- ◆ Starting – The Launch
- ◆ Shifting – The Adjustment
- ◆ Steering – The Navigation
- ◆ Swerving – The Pitfalls
- ◆ Stopping – The Finale



MANAGEMENT GEMS

- Show honest and sincere appreciation
- Don't criticize, condemn or complain
- Make your cause bigger than your ego
- Work for progress not perfection
- Be solution conscious not problem oriented
- Invest time in the activities with the highest yield
- Work is a privilege
- Acknowledge weaknesses
- Re-check your lists on regular basis
- Humility is not thinking less of yourself; it is thinking less often of yourself



**“Men of genius are admired;
men of wealth are envied;
men of power are feared
But only men of character are trusted.”**

-Arthur Friedman