

Positive Performance

FIT FOR GROWTH

*“Come out of your Head
and into the Room”*

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Interference





Psychological ladders

Not “Present” ?

- Body language
- Incongruency
- Not listening actively
- Intolerance to others
- Reduced resiliency
- Mood swings
- Lack of clarity



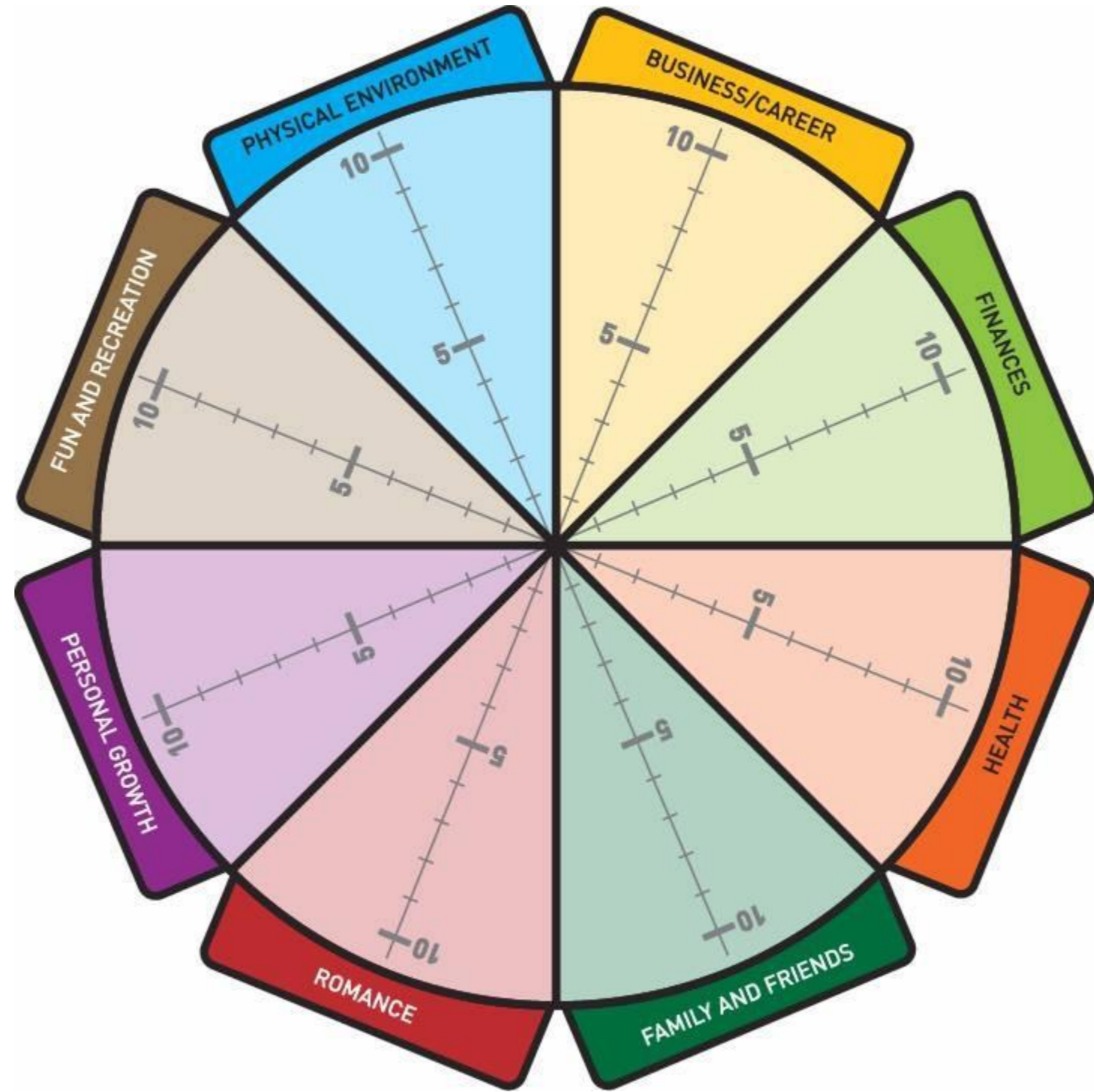
Your “State” - present or not?

⌘ Resourceful States

⌘ happy, relaxed, motivated, enthusiastic, energised

- Non Resourceful States
- angry, abrupt, stressed, negative

People who spend the majority of their time in resourceful states are more likely to lead a successful and gratifying life.



Top Tips

- Improve self awareness
- Tune into non verbals
- Breathing
- Root and feel your feet on the ground
- Sleep quality
- Improve your time management
- Learn what boosts your resilience
- Remember to put perspective in things
- Me time/down time/relaxation
- Take a break
- Get some fresh air



Remember

Perception is Projection

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For Further information

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