



OPTIMISING YOUR OWN PERFORMANCE

FOUNDATIONS FOR PROGRESS	18 & 19 MAY 23 PM Sessions: 1330 - 1700
EVOLVE YOUR BEST SELF	3 & 4 AUG 23 PM Sessions: 1330 - 1700
MAKING THE BEST USE OF YOUR MIND	5 & 6 OCT 23 PM Sessions: 1330 - 1700
MAKING THE BEST USE OF THE WORLD	7 & 8 DEC 23 PM Sessions: 1330 - 1700
MAKING YOUR BEST CONTRIBUTION	8 & 9 FEB 24 PM Sessions: 1330 - 1700



Delivered by **Ashley Bookman**

USE YOUR MIND TO CHANGE YOUR WORLD

What is different about your training, Ashley?

“Most courses are based on concepts and training models, these are often effective in the classroom but not really that applicable to real life. By contrast my approach provides the mental capability which you can use to develop your own sense of well-being and achieve your personal potential.”

What will I be able to do after the training that I can't do now?

“Think clearly under pressure and keep everything in it's proper perspective, maintain your composure and be able to rely on your self-confidence. You'll be able to utilise any situation to make progress and take action to make things happen.”

How has this benefitted delegates?

“Our delegates report a clearer vision and purpose, more control over their minds and lives, being settled in themselves. They say they have better sleep, better work / life balance, better relationships.”

How does the programme deliver this personal change?

“Optimising Your Own Performance (OYOP) provides a whole year of professional and personal development. In between each workshop there are practices which can be easily absorbed into your daily routine. The workshops and practices combine to build your capability and enhance the way you experience your life.”



WORKSHOP ONE

FOUNDATIONS FOR PROGRESS

Learn how to reset Your Work and Life at the beginning of a transformational year

YOU WILL:

- + Make fundamental changes to your perspective on life
- + Accelerate your personal progress and achieve your goals
- + Improve your mood on a daily basis

BY THE END OF THE DAY, YOU'LL BE ABLE TO:

- ✓ Make more conscious choices to improve your world
- ✓ Build more rewarding relationships
- ✓ Have a positive impact on everyone you meet



WORKSHOP

EVOLVE YOUR BEST SELF

Build your confidence and self-esteem and be in charge of how you deal with life

YOU WILL:

- + Liberate yourself from unhelpful beliefs
- + Discover and understand your true identity and purpose
- + Shape your self-image for a bright future

BY THE END OF THE DAY, YOU'LL BE ABLE TO:

- ✓ Stay positive about your performance when you make mistakes
- ✓ Progressively build and maintain your self-esteem
- ✓ Develop your self-confidence in a sustainable way



WORKSHOP THREE

MAKING THE BEST USE OF YOUR MIND

Develop the thinking skills you need to serve your highest ambitions

YOU WILL:

- + Develop a flexible mind and have your own 'thinking tool kit'
- + Understand how to keep yourself positively motivated
- + Develop rational and logical thinking habits

BY THE END OF THE DAY, YOU'LL BE ABLE TO:

- ✓ Keep everything in its proper perspective
- ✓ Manage your stress levels
- ✓ Make grounded, intelligent and 'best possible' decisions



WORKSHOP FOUR

MAKING THE BEST USE OF THE WORLD

Use *all* your experiences to build a more competent, resilient and dynamic approach to life

YOU WILL:

- + Use multi-dimensional thinking
- + Discover how to turn all situations to your own advantage
- + Become a more forward thinking and proactive person

BY THE END OF THE DAY, YOU'LL BE ABLE TO:

- ✓ Know when to follow your own instincts or when to use other peoples' thinking
- ✓ Use even the severest criticism to make positive progress
- ✓ Resolve arguments without conflict



WORKSHOP FIVE

MAKING YOUR BEST CONTRIBUTION

Find productive ways to contribute and enrich the lives of others

YOU WILL:

- + Re-balance yourself so that you can give more to others
- + Become more generous and open-hearted
- + Develop a problem-solving mind

BY THE END OF THE DAY, YOU'LL BE ABLE TO:

- ✓ Give freely without expectation
- ✓ Maintain commitment and focus in the face of self-doubt
- ✓ Set your own altruistic goals