

# SHIFT YOUR MIND

FROM BRIAN LEVENSON'S BOOK, SHIFT YOUR MIND

PREPARATION	PERFORMANCE
HUMBLE	ARROGANT
WORK	PLAY
ANALYSIS	INSTINCTS
PERFECTIONIST	ADAPTABLE
FEAR	FEARLESS
FUTURE	PRESENT
EXPERIMENT	TRUST PROCESS
UNCOMFORTABLE	COMFORTABLE
SELFISH	SELFLESS

DIRECTIONS: PICK 5 THAT SPEAK TO YOU. LIST HOW YOU WILL PRACTICE THE PERFORMANCE MIND MORE OFTEN IN YOUR PREPARATION.

PERFORMANCE MIND	ACTION IN PRACTICE



# ACTIVITIES

BELOW IS A LIST OF ACTIVITIES AND EXPERIENCES THAT WE USE WITH OUR CLIENTS. THESE WORKSHEETS HAVE BEEN USED WITH ELITE ATHLETES, ENTREPRENEURS, SALES PEOPLE AND MORE.

USE THE MODEL AS YOUR GUIDE TO "EMERGING INTO YOUR ADVENTURE" WHEN IT COMES TO FOCUSING ON YOUR GOALS.

 STRONG  
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## STRONG SKILLS MODEL



THE STRONG SKILLS MODEL FOCUSES ON 12 COMPETENCIES FOR HUMAN DEVELOPMENT. OUR MODEL LEVERAGES TRAINING AND COACHING TO PROVIDE OPPORTUNITIES TO LEARN SKILLS AND DEVELOP EACH INDIVIDUAL TO BE THEIR BEST SELF. OUR CLIENTS GET THE POWER OF A GROUP LEARNING EXPERIENCE WITH THE INTIMACY OF A ONE-ON-ONE COACHING EXPERIENCE. THE STRONG SKILLS MODEL IS INNOVATIVE AS IT FOCUSES ON TANGIBLE TAKE-AWAYS TO MAKE THE INTANGIBLE, TANGIBLE.

WE BEGIN WITH SELF-AWARENESS AND END WITH LEADERSHIP. THE MODEL IS BASED ON AN INTENTIONAL FLOW THAT HAS BEEN DESIGNED WITH THE BEST THEORIES AND RESEARCH IN MIND. WE TAKE OUR CLIENTS THROUGH A PROCESS THAT IS DESIGNED TO UNLOCK THEIR POTENTIAL SO THAT THEY CAN GROW THEMSELVES AND IN-TURN GROW THEIR ORGANIZATIONS.

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# DOWNLOAD OUR FREE ACTIVITIES WORKBOOK!

ACCESS OUR LIST OF ACTIVITIES, FRAMEWORKS AND EXPERIENCES THAT WE USE WITH CLIENTS. THESE WORKSHEETS HAVE BEEN USED WITH ELITE ATHLETES, ENTREPRENEURS, SALES PEOPLE AND MORE.

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