

Thriving Under Pressure

Friday 27th April 2018

09:30 - 16:00

Hopwood Hall College, Rochdale Campus

Trainer: Dr Mike Rotheram (Performance Mind)

Audience: All Leaders

This is for enthusiastic leaders who want to thrive in their leadership role so that they can become even better at what they do to cope with the increasing demands they are placed under.

It will increase your self awareness of how you perform under pressure using a Spotlight Personality Profiler. This will give you insight in terms of how you see reward and threat, and what you can do to flex your mindset more effectively. You will learn how you cope under pressure, what factors are likely to trigger your pressure response, and what you can do to be in control.

To attend this course delegates will need to commit to paying £75 for a profile. You will receive a 20 page report that gives you a personalised report on: Performance Preference Overview; Individual Drivers; Strengths in your sweet spot and overplayed; Blindspots; Sources of Confidence; Responding to setbacks; Recharging; Learning preference; Super strengths from a character perspective; Performance under Pressure; The issues you may wrestle and your favoured solutions; how you can COPE in order to thrive based on your profile.

