



CORPORATE LEARNING INSTITUTE The Action Learning Experts

CORPORATE
LEARNING
INSTITUTE

PROFESSIONAL
Development
WORKSHOP SERIES

CORPORATE LEARNING INSTITUTE | **BounceBack!** REBOUND STRATEGY W O R K S H O P

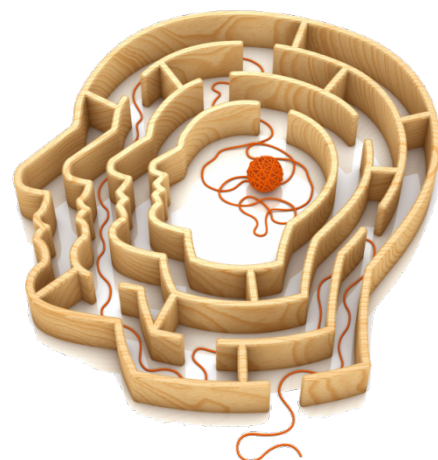
This half-full day workshop offers lectures, discussion, and small-group breakouts. This facilitator-led workshop will provide a cross-rad experience for your participants.

Key Learning's:

This workshop allows you to recognize and avoid performance-disrupting mental traps. It will help participants choose their reaction and pace their responses.

Choose this workshop to teach and inspire participants to avoid the personal burn-out that can result from failures or set-backs.

- The workshop can be formatted into half or full day sessions
- Add as many participants as you want
- Each workshop is custom-designed
- Add an assessment or workbook to assure learning transfer



Program Outcomes:

The workshop allows participants to recognize and avoid performance- disrupting mental traps. It will help participants choose their reaction and pace their responses.

- Stay calm in the moment and rebound quickly from set-backs.
- Eliminate the destructive effects of self-talk.
- Learn the mental toughness strategies taken from the world of sports psychology.
- Choose their attitude and develop coping strategies for staying motivated.
- Modify the peaks and valleys performance cycles which destroy self-worth and motivation.
- Develop the mental do's and don'ts for pre-creative session coping.
- Leverage the value of "the slump" and set-back learning and apply them to rebound gains.
- Develop a personal action plan.

Contact us to develop a proposal to meet your needs;

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