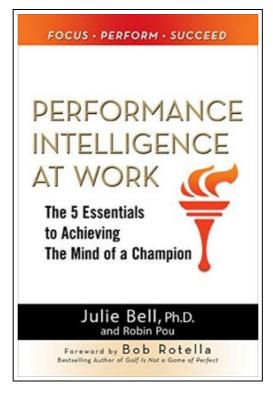
Performance Intelligence at Work: The Five Essentials to Achieving the Mind of a Champion



Filesize: 4.66 MB

Reviews

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Germaine Welch)

PERFORMANCE INTELLIGENCE AT WORK: THE FIVE ESSENTIALS TO ACHIEVING THE MIND OF A CHAMPION



McGraw-Hill. Hardcover. Condition: New. 224 pages. Dimensions: 8.0in. x 5.1in. x 0.8in. Your mind is a powerful tool. You just need to learn how to master it. Thats where Performance Intelligence comes in. The ability to perform your best when it matters most is a skill anyone can learn. A well-known sports psychologist, Julie Ness Bell, Ph. D., has trained some of the worlds greatest athletes, from professional golfers and tennis stars to football teams and basketball pros. Shes learned that the athletes ability to perform under extreme stress is predominantly mentalnot physicaland the basic principles of peak performance are the same for everyone, whether youre a corporate leader, team player, or small business owner. Principle 1: Your mind is powerful. Principle 2: You control your mind. Principle 3: You have a choice in every situation. Think about it. Now think again. Thats the secret behind Performance Intelligence at Work, a proven method of unblocking the obstacles in your brain and unlocking The Mind of a Champion. Performance Intelligence works for athletes, and it will work for you, too. Throughout the book, Bell provides specific examples from her vast coaching experiences and relates them to the corporate playing field. Each chapter ends with a Business Leader Huddle to help you put each principle into action. You will learn how to recognize your old ways of thinking, refocus your thoughts on a goal, and establish new routines to make it happen. Instead of negative what-not-to-do thinking (I will not procrastinate), youll be able to retrain your brain using proactive what-to-do thinking (I will finish this task today). Soon youll be performing at higher levels than you ever thought possiblewith a winning mindset you never knew you had. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN....



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