

PERFORMANCE PRINCIPLES

BUILDING HIGH PERFORMANCE



TOTAL
COMMITTED TO BETTER ENERGY

PERFORMANCE PRINCIPLES

– BUILDING HIGH PERFORMANCE

This month sees the launch of our new core training programme 'Performance Principles – building high performance'.

Achieving desired results is critical for any business, and it's our individual and collective performance – the 'what we do and how we do it' that shapes the results we get. Based on Planet K2's experience of working with elite athletes, these three online Performance Principles sessions focus on how we can prepare ourselves and be ready to perform at our best in any conditions.

PlanetK2 have worked with us on the Springboard programme since 2018 and now we're going to roll out these same performance principles to everybody within TGP.

WHAT'S COVERED IN THE THREE SESSIONS?

Session #1 Performance Fundamentals

- The new challenge - your new Picture of Success and Playing Conditions
- Understanding demands and focusing on performance
- Pressure, stress, coping and a right now mindset

Session #2 Fueling Motivation

- Focusing on what you can control
- Staying connected
- How to create maximum confidence

Session #3 Performance Factors

- Focusing on performance inputs – knowledge, skills, energy, mindset, tactics, support, environment
- High performance habits
- High performance cycle – reviewing, learning, going again

HOW WILL PERFORMANCE PRINCIPLES BE DELIVERED?

- Online - The three one-hour sessions will be delivered over consecutive days via the MS Teams platform.

WHO CAN PARTICIPATE IN THIS PROGRAMME?

- Available to all TGP staff members in our Redhill, Leeds and Newcastle offices.

WHEN IS TRAINING BEING DELIVERED?

- The three one-hour sessions will be repeated each week between 18 May – 20 June.

HOW DO I ENROL ON TO THE SESSIONS?

- The training schedule will be emailed to all staff the week of 4 May.
- There are three sessions for you to participate in, and you'll be able to select your preferences from the options provided. There are morning and afternoon options for each of the three sessions.

RESOURCES TO SUPPORT YOU

- You'll be sent a link to PlanetK2's Performance Room where you'll have access to a wealth of performance related resources.
- You'll also be given access to PlanetK2's online RP10 tool. It's a weekly self-assessment you can complete to gauge how ready you feel to perform at your best. It allows for a moment of reflection within the whirlwind of the day-to-day.

The results we GET in our lives depend on what we DO, our performance.
What we do depends on how we SEE the situation, our mindset.

- 7 Habits of Highly Effective People

