



# STEVE FRIEDLAND ASSOCIATES

MANAGEMENT CONSULTING • EXECUTIVE COACHING • TRAINING

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## ***“Not-So-Secret” Practices for Achieving Performance Excellence***

This workshop provides participants with the *“not-so-secret”* knowledge, skills, tools, and resources for achieving performance excellence and advancing one’s career.

### ***Key topics include:***

- Key principles and practices toward achieving peak performance
- Multi-tasking—myths vs. research realities impacting performance outcomes
- Tools and practices for organizing and managing time to optimize one’s talent
- Achieving and sustaining Friedland’s “C” Power—a model for ethical influence
- Stress management and wellness practices that boost performance results
- Strategies for advancing one’s career

As a result of this workshop, participants will gain key insights, knowledge, tools and resources to help optimize their talents and performance excellence toward achieving greater success in their career.

**CORE COMPETENCIES: Communication, Credibility, Influence, Problem-Solving, Organization, Stress Management, Time Management, and Wellness.**

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*“Steve is a great teacher. No nonsense. Straight forward.”*

*“Steve was fabulous! He combines reality with theory and provide practical ways to improve one’s effectiveness NOW!”*

*“Wow! I really got it when you said, “all behaviors and actions at work are linked to one’s performance potential.”*

