

**Q:** *Why do some individuals/teams consistently out perform their peers?*

**A:** These leaders are able to process information and think through problems in a different and more effective manner.

Today's organizational structures are complex and leaders need to perform in ambiguous situations. Employees are asked to do more with less and manage multiple tasks simultaneously without sacrificing quality.

*HigherEchelon has created a program which unlocks the mental assets of your organization.*

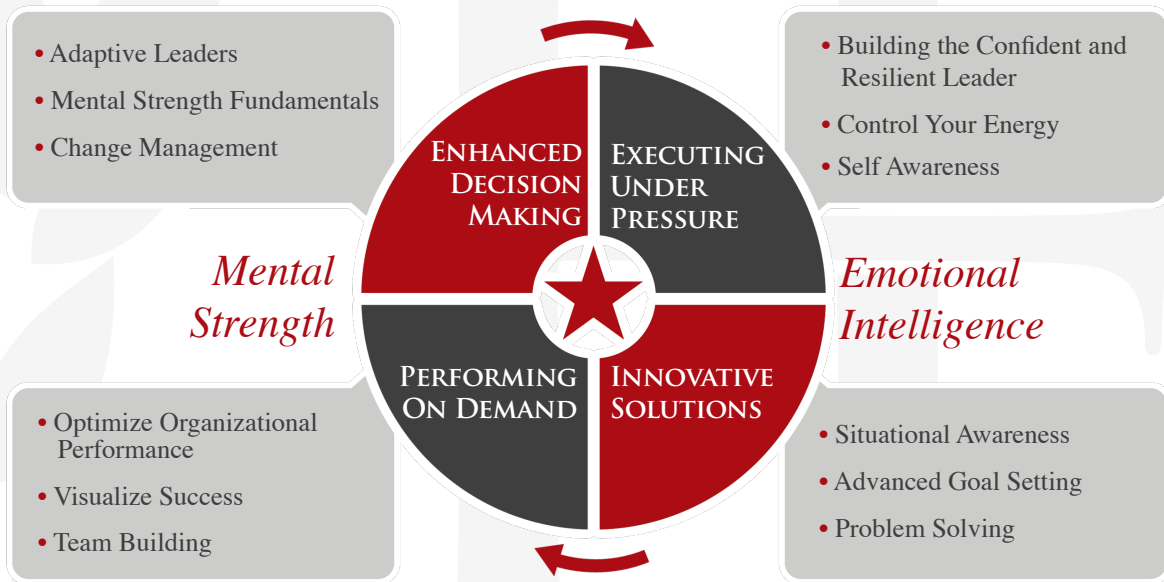
## **The Resilient and Adaptable Leader**

Individuals are taught to be self regulating, instinctive, adaptive, and mentally agile under intense pressure.

## **Developing Multi-Skilled Leaders**

The HE training is designed to systematically teach mental and emotional strength using proven methods from the following fields:

- Sport Psychology • Performance Psychology • Organizational Psychology



## **Leader Objectives**

### **Enhanced Decision Making**

- **Adaptive Leaders:** develop mental and emotional agility to perform amidst distractions
- **Mental Strength Fundamentals:** perform at your best by recognizing and unleashing your maximum potential
- **Change Management:** develop leaders as agents of change, increasing effectiveness for you and your team

### **Executing Under Pressure**

- **Building the Confident and Resilient Leader:** trust in your preparation, training, and ability
- **Control Your Energy:** maintain your poise during stressful situations
- **Self Awareness:** moderate your emotions through Hi-Tech heart rate variability training

### **Innovative Solutions**

- **Situational Awareness:** engage effectively and selectively during distractions
- **Advanced Goal Setting:** formulate a course to navigate with relentless pursuit and persevere through challenges
- **Problem Solving:** utilize a dynamic and adaptable decision-making process, which is results-focused

### **Performing on Demand**

- **Optimize Organizational Performance:** Communicate leadership skills to execute in a global environment
- **Visualize Success:** integrate simulation with individual performance components to achieve success
- **Team Building:** implement a systematic approach to building strong and cohesive teams

### **Individual Performance Practicum**

- Personalized coaching to achieve the results you need
- Develop resiliency and adaptability in work and life