



## ***Mental and Physical Skill Acquisition for High Performance***

### Course Overview

This course is designed for the leaders of business, sport, and education to come together in order to understand how people learn and apply it to increase performance in any realm. Built around the Fundamental Learning Skills (FLS) that Boost Institute created, participants are guided through various tools that will help with learning new skills in both the physical and mental arenas. The skills that participants acquire will help them to manage conflict, re-frame failure, communicate with others, and avoid negative responses to pressure.

### Primary Learning Outcomes

By the completion of this eight hour course, participants will be trained in the ability to:

- Apply simple and specific culture building strategies designed to create cohesion and belonging.
- Understand and apply various mental skills proficiently enough to describe them to others.
- Understand and apply breathing techniques that will increase performance and decrease perception of pressure.
- Examine the reasons why conflict management is effective or ineffective depending on previous environment and culture.
- Build conflict management strategies that move all parties forward as opposed to hiding from the conflict.
- Create and implement strategies for culture and communication that enhance performance in their areas.
- Construct and explain their personal performance philosophy and why this is important for people in all walks of life.

### Who Should Take This Course

- Leaders seeking better performance from their group.
- Any professional who wants to perform better in their craft and improve themselves holistically.
- Leaders, coaches, and teachers who want to create better performance in their groups by attacking the root learning ability of the group.

### More Course Information

Cost: \$200+GST/person (group rates available)

Length: 8 Hours

Format: 4 2 hour blocks made up of 1 hour collaborative learning and 1 hour movement based learning.

Pre-Requisites: None

Limit of 25 participants.

Certificate Provided Upon Completion.

For more information on hosting or attending a course, please contact Boost Institute at [ken@boostinstitute.ca](mailto:ken@boostinstitute.ca)