

BECOMING MENTALLY PREPARED FOR EXTRAORDINARY PERFORMANCE

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With global unrest, an unstable economy, and rapid change occurring in our businesses, it is pivotal to be mentally agile, strong, and prepared.

In our study of extraordinary performers we have identified four characteristics they have in common contributing to their mental fitness: disciplined focus, accelerated learning, triggered state recovery and the “E” Factor. These characteristics can be translated into a specific skill set that can be demonstrated, learned, practiced and incorporated.

This presentation provides participants information and tools that may form the basis of a mental fitness program that can be practiced daily.

The characteristics of mentally fit executives and athletes can be translated into specific skills. These skills may be learned through daily practice.

Value to Members

This inspiring and informative hands-on presentation offers participants a working knowledge of several different mental fitness skills. They will learn:

- the art of disciplined focus and positive mental rehearsal
- a new approach to giving and receiving effective feedback that inspires accelerated growth
- how to quickly regain perspective, balance and emotional well-being in the face of being negatively triggered

Biography

Nikki Nemerouf has worked with individuals and teams for more than 30 years in areas of team building, “train-the-trainer” programs and mental fitness training programs. His company, Starquest Inc., helps leaders and their organizations to develop higher levels of performance, adapt quickly and effectively to rapid change, while strengthening team cohesiveness in the process. His company uses a special approach to understanding human behavior and motivation entitled the “Core Model.”