



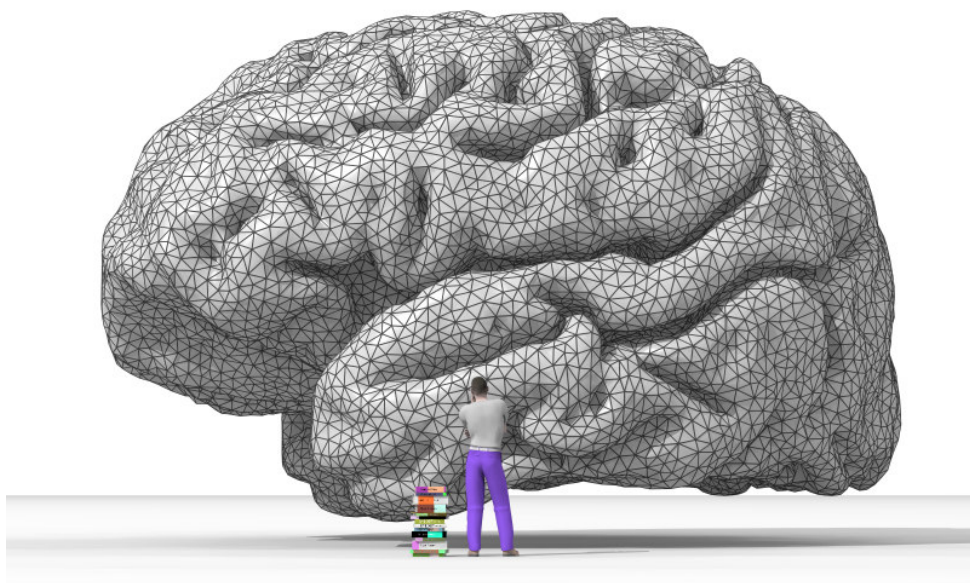
The 96% Programme
www.professional.ie

Performance Improvement The 96% Plan



On average, we use less than 4% of the capacity of our minds. What can we do about that missing 96%?

This is a course with a difference - unlike any you may have attended before.



96% Programme

This is the first in the Professional Training "96% Programme", aimed at practically confronting the issues facing us in the workplace.

If we use only 1% more of the 96% of our brainpower we aren't utilising, we'll be 25% more effective. This session is another step on that route

Professional Training Solutions

Building 4400, Cork Airport
Business Park, Kinsale Road, Cork.

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Damian O'Neill
oneill@professional.ie

It is a practical approach to improving all aspects of your business and personal life by simply using your brain – better.

professional.ie
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Course formats:

The programme is available in several formats:

Half-day or evening session - covering the key elements of improving our performance

Full day session - expanding on the possibilities available to all of us in harnessing the power of our abilities

Two day session - encompassing a more detailed focus on Leadership Skills and Decision Making in a rapidly changing environment

One to one mentoring can also be facilitated following attendance at any of the programmes

Course facilitator:

John Carey

John is an experienced corporate leader and has held senior management positions both in the United States and in Ireland. He works extensively in mentoring and business coaching roles with Semi-State, Corporate and Individual clients. He is also widely known for his Performance Improvement work with successful businesses and elite athletes.

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Outline course content can be focused and customised from:

The Mind - Who Cares?

Some would say it's the last undiscovered area of the world we live in
Why look at it?
We all have & use one continuously
How does it work?
What alternatives do we have – which one will you choose?



Thinking - Why Bother?

The quality of your life = the quality of your thinking
What is thinking – what options do we have?
What will we change - if anything - by changing our thinking?



Reality - or so we perceive....

We must deal with reality
What is reality ?
Who decides what is reality?
Who and How do we know?
What options do we have - if any?



Everybody's favourite radio station - WIIFM

The underlying premise for interactions with others
How can we harness this knowledge?
When & where to apply
Results??

Leadership - Yeah, yeah, yeah: heard it before?

What is it?
How can you use it?
Is it only for the boss?
Why are we interested in it?

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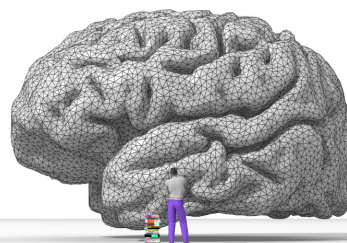
Outline course content continued:

Mind Body / Mind Spirit – “Oh not again!!”

The human factory
Three raw materials
Quantity V Quality
What are our options?

Decisions, Decisions – “Somebody else, please?!”

Knowledge is power?
Oh no, its not.....
Oh yes, it is.....
Are we in a pantomime?
Let's decide.



If only.....?

What do we now know?
Who knows?
What will we do now – when: if ever ?
Why do I spend time on this weird stuff ?

Conclusions:

What we can apply going forward
Review
Applications / Results
A Training course with a Difference?

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