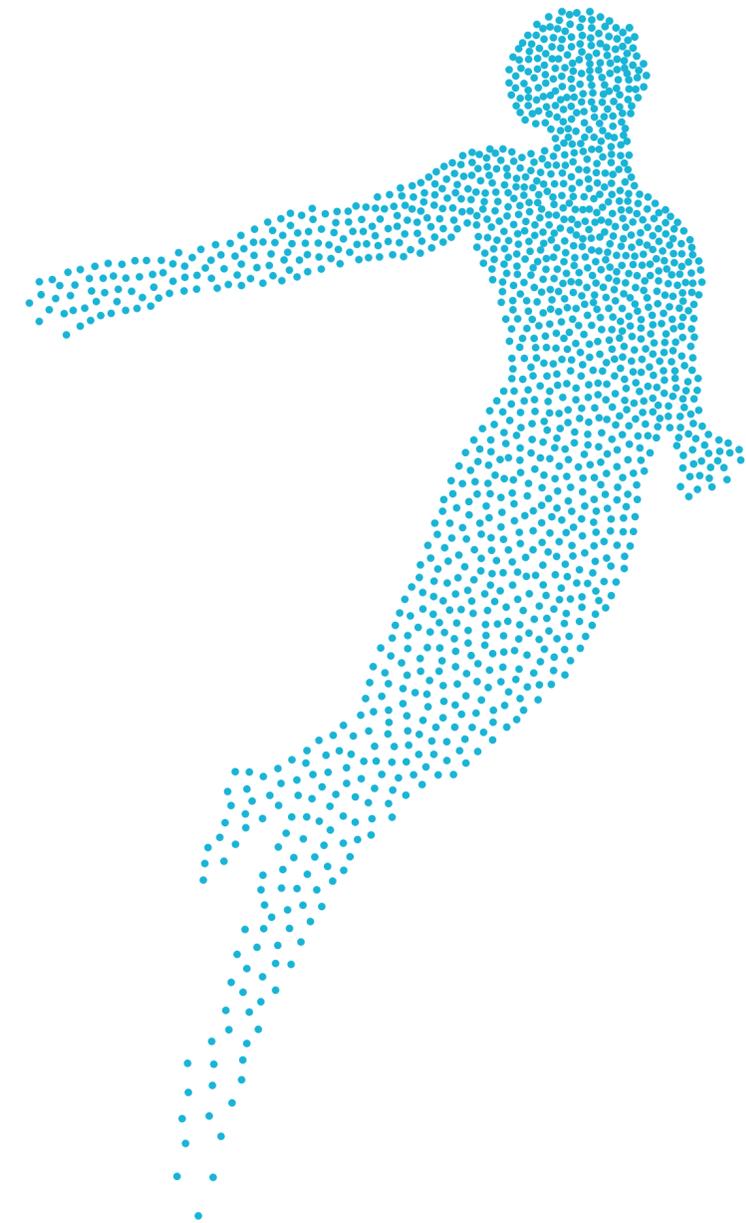


JIM STEELE

UNASHAMEDLY SUPERHUMAN

INSPIRED BY CLIENTS, DRIVEN BY NEUROSCIENCE.



UNASHAMEDLY SUPERHUMAN

HOW TO ADAPT AND THRIVE IN THE NEW NORMAL.

In this series of webinars, we'll share practical techniques and exercises to help tap into 'LOST' natural human resources, delivering extraordinary results and enabling an optimal balance of health, success and wellbeing.

The programme is made up of three sections; 1.Stronger, 2.Smarter and 3.Better. Each section consists of two sixty minute workshops. Delivered weekly they will share simple, practical and actionable strategies to help build a more flexible and robust mechanism for coping with the challenges and pressures presented by the move towards a new normal.

The individual workshops have a single point of focus. The content covered will encourage delegates to 'tap into' a specific topic and generate a meaningful developmental outcome. Although each workshop can stand alone, together they connect to develop series of principles, ideas and techniques that impact individual and team productivity.

At the end of each session there is a weekly challenge that will encourage participants to apply and test the learning, as well as an aid memoir in the form of a simple acronym which connects the key learning points.

01 STRONGER

02 SMARTER

03 BETTER



SECTION 1 - STRONGER

TOPIC

TAPPING INTO POTENTIAL

OUTCOME

CREATE GROWTH

TOPIC

TAPPING INTO PHYSIOLOGY

OUTCOME

BOOST ENERGY

Within us all is a huge pool of untapped potential. We can discover this when we learn how to manage our instinctive response to the crises and pressures we face, especially now.

The need for improved mental, physical and emotional wellbeing, and the ability to inspire a resilient mindset has never been greater. We were never designed to run in stress mode, and in a seemingly constant state of fight or flight. So, in those situations where we have little control over the sources of pressure, our only option is to influence the way in which we respond.

SECTION 1 OBJECTIVES

- Unlock the code to tap into your natural resources and become even more resilient.
- Develop the agility to shifting from a fixed to a growth mindset
- Develop techniques to help adapt to pressure and stress rather than enduring it
- Understand the link between our physiological system and our hormonal system
- Develop techniques for triggering a fight / flight response that YOU manage
- Tap into a scientifically proven method for boosting your immune system.
- Uncover the secret to firing up your own positive pharmacy

The strategies covered in Section 1 build strength from the inside out.

SECTION 2 - SMARTER

TOPIC

TAPPING INTO THE BRAIN

OUTCOME

CREATE FLOW

TOPIC

TAPPING INTO THINKING

OUTCOME

ACHIEVE MINDFULNESS

By recognising the connection between our psychology (how we think) and our hormonal system (how we feel) we can hack into our 'default mechanism' and regulate the responses to the demands of this current situation.

The ability to reduce the stress hormone, cortisol, and increase the coping hormone, oxytocin, develops an increasing and unashamedly superhuman capability to address both current and future challenges.

SECTION 2 OBJECTIVES

- Appreciate the crucial importance of how mindset impacts performance and results.
- Maintaining a positive mindset promoting resourcefulness and productivity in a challenging business environment
- Gain an instant increase in confidence and mental focus
- Learn the 4 part cycle to 'hack' a flow state
- Understand the internal and external triggers that create Flow
- Design the environment to provoke Flow.
- Develop clearer thinking and improved creativity
- Learn how to switch from unresourceful emotional states to empowering alternatives

The strategies covered in Section 2 increase Emotional Intelligence.





SECTION 3 - BETTER

TOPIC

TAPPING INTO CHALLENGES

OUTCOME

CREATE AN ADVENTURE

TOPIC

TAPPING INTO IDENTITY

OUTCOME

LEAD CHANGE

With the challenges presented by home-working and the stress of rapid change and uncertainty due to Covid-19, we are under increased pressure to deliver more with less. The pace of change requires businesses to move with speed and precision to stay ahead of the pack. Teams need to be able to respond to this new business environment and thrive in complex and demanding circumstances.

SECTION 3 OBJECTIVES

- Learn how to turn situational stress into an inspiring adventure
- Create a vision that aligns talent, organisational need and Passion.
- Understand the impact of beliefs on confidence, performance and willingness to move beyond existing comfort zones
- Exercise choice over personal motivation levels choosing more helpful responses to events and setbacks
- Apply daily disciplines to help raise motivation when working from home.
- How to adopt a durable, flexible and agile change mindset
- Align individual and team identity to a personal or collective vision

The strategies covered in Section 3 generate passion and purpose.

UNASHAMEDLY SUPERHUMAN HELPS YOU ACCOMPLISH YOUR WILDEST PROFESSIONAL GOALS WHILE RECLAIMING TIME, SPACE AND FREEDOM IN YOUR PERSONAL LIFE.

Combining powerful elements of executive coaching with scientific research and cutting edge delivery to produce a powerful solution.

Unashamedly Superhuman is a neuroscience-based peak performance training for anyone interested in reversing the impact of distraction and uncertainty.

WHAT'S EXPECTED FROM YOU

This series of workshops require a commitment to the foundations of peak performance AKA sleep, exercise, mindset, clear goals, no distractions and feedback.

These things are non-negotiable.

Here are some useful tips:

- Prepare yourself mentally—be open, curious, focused and positive
- Create a work space that is conducive to flow
- Block out time in your schedule to do the work
- Grab yourself a journal. Radical self-awareness is key.

RULES OF ENGAGEMENT

1. High Performance is always about compound interest. Work a little harder today, work a little harder tomorrow. Do this for years—that's when the massive benefits and real momentum starts showing up. Thus, be ironclad with your commitment and patient with your progress.
2. High Performance is about being comfortable with being uncomfortable. Traditionally, your kryptonite becomes your superpowers.
3. Curiosity is mandatory. This is a living experiment.
4. Always keep your word to yourself. If it goes on today's to-do list, the day isn't over until it's crossed off. Ability to execute is always the ball game. But really execute. Pursuit of excellence should always be our starting point.
5. Never trust the dopamine! Information that shows up in altered states is always the starting point for research and never the reason to change your life.

LET'S DO IT!

