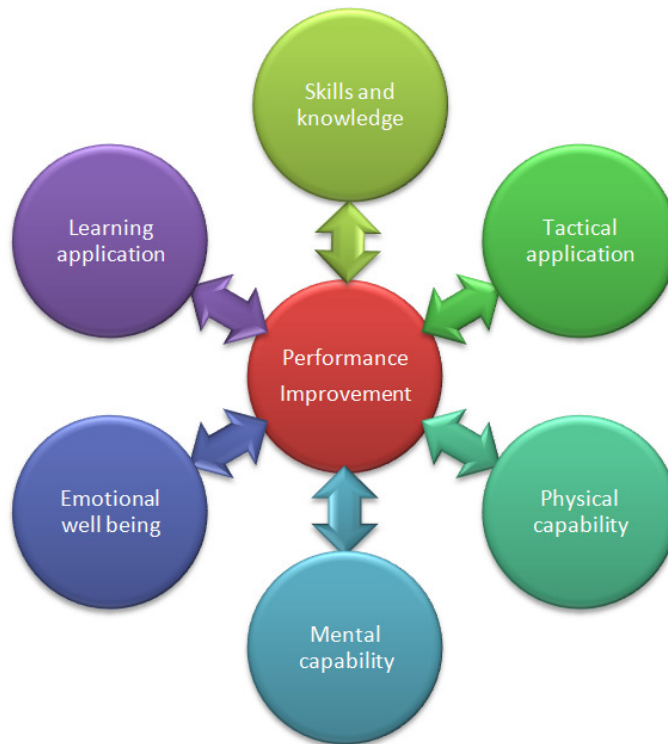


## The Performance Wheel



## Personal Performance Improvement

### Target Audience

1. Have you ever wondered why some individuals, with the same capability as others, are more successful?
2. Are you looking to improve your personal performance without working longer hours?
3. Do you want to unlock your potential?

If you have answered yes to any of these questions then this is the course for you.

Delegates on this highly participative workshop will learn about the Performance Wheel and what it means for them in respect of the choices they make and the performance they ultimately deliver.

Drawing on scientific and management theory and linking to real life examples the course will take delegates through a series of exercises and group discussions that will allow them to reflect and create their own personal development plans

This course can be delivered to groups or on an individual basis as part of a coaching programme.

**Skills Solutions for Business Growth Education & Success**

SkillsFinder, 26 Clarendon Road, Boston Spa, West Yorks. LS23 6NG

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### Course Objectives

The Performance Wheel outlines the contributory factors which can influence an individual's performance. By focussing on these factors and making changes to the way you plan, prepare and manage your working life you can make a real difference to your overall performance delivery. Small changes in different areas can add up to a significant increase in overall performance.

By the end of the course, delegates will be able to;

- Outline the purpose of The Performance Wheel
- Explain the different sections and how they can impact on performance
- Identify areas in which they need to focus to improve their performance delivery

### Course Content

- Explores what we understand by performance and individual attitudes to performance
- Outlines different types of motivation
- Asks participants to think differently about performance and the choices they make
- Examines the different elements of The Performance Wheel and how they can impact on their performance:
  - Technical skills and knowledge
  - Tactical application
  - Physical capability
  - Mental capability
  - Emotional well being
  - Learning application
- Develop personal action plans linked to goals

### Method of Training

- Trainer presentation and facilitation
- Group discussion
- Case studies
- Small group exercises
- Practice sessions

**Length of Course**

**One day**

**For further information on this course and other open  
and in-house courses**

**call Gwen on 01937 520 458 or email [gwen@skillsfinder.info](mailto:gwen@skillsfinder.info)**

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