

Corporate Warrior – Peak Performance Program

CLIO-60-012

Dates: 8 through 11 December 2015

Time: 0800 to 1600 (8 through 10 December)
0800 to 1200 (11 December)

Location: Southern Maryland Higher Education Center, Building II, Room 135
44219 Airport Road, California, MD 20619

Instructor: Seth Kaplan, M.Ed., Director Mental Training, Corporate Warrior Consulting

Cost: No Cost

Course Description:

Corporate Warrior, like an elite soldier, is a business professional that is mentally agile, situationally aware, confident, resilient, highly adaptive, motivated, passionate, and energetic-one who adopts a philosophy of "performance excellence" and strives relentlessly to execute objectives and attain organizational goals.

This program offers workers and executives concrete tools and techniques to improve their "mental game" and enhance business results. Specifically, the program provides strategies to: gain positive momentum, establish internal control, thrive under pressure and time constraints, and execute individual and team goals.

The Program covers 7 Domains:

Mental Skill Building

- Awareness - Integrated nature of performance
- Confidence - Visualization, performance phrases, resume reflection
- Attention Control and Decision Making
- Composure - Breathing and meditative techniques
- Process drives Outcomes/Results
- Elite performance

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Mental Agility/Cognition-Emotion-Physiology-Performance (CEPP)

- Adaptability Continuum - Rigidity to flexibility, leadership implications
- Zooming in (execution), zooming out (perspective)
- Leveraging the CEPP relationship for peak performance, mind-body wellness
- Power of Perception - Cognition drives performance chain

Stress Management

- Identification of stressors
- Mental, emotional, physical, behavioral effects of chronic stress
- Impact on home life and workplace
- Chronic stress facts
- Effective stress management tools, techniques, strategies

Energy Management

- Leveraging the Stress-Energy-Focus-Performance relationship
- 5-Point Energy Management Plan

Goal Setting

- Preparation for effective goal setting/execution
- Identification of potential barriers to goal attainment
- Re-defining success
- Goal Setting - Personal and professional
- Goal Attainment Action Plan

Neuroscience

- Previous bias against emotional brain
- New research on brain functionality
- Interdependence of Cognitive and Emotional Brain
- Academic application

Team Engagement - Team Engagement interactive discussion

Target Audience: Logistics Acquisition Workforce Members
Point of Contact for this session can be reached at 301-757-0984

Registration:

To register visit the NAVAIR University Portal:

- <https://navairu.navair.navy.mil> (CAC required to access)
- If you do not have a NAVAIRU account, select "Register" in the upper left corner of the screen, complete the profile information and click the "Save" button.
- Click on the "Classes" tab on the top menu bar
- Enter course number (e.g., CLIO-60-012) in the "Search" field and click the blue "Search" button.
- Click on "Register" in the "Register" column for the session you wish to attend.
- Click the "Yes" button to enroll in the session

Special Accommodations:

Please complete the following steps before registering if special accommodations are required:

- Access <https://navairu.navair.navy.mil/MyProfile/Edit>
- Click "Yes" next to "Special Accommodations" (at bottom of page)
- Click "Save"