



UNLOCK YOUR HABIT



The Performance Gallery
Unlock Your Human Potential
Careers, Leadership and Teams

The Performance Gallery UNLOCK YOUR HABIT

*“A habit is something you can do without thinking – which is why most of us have so many of them”
(Frank Howard Clark)*

Bad habits (like procrastination, taking on too much, resisting change and miscommunicating) can all sabotage your work efforts. So is it possible for individual habits to impact career success? Yes - and that's because no matter what, your reputation will always precede you.

Just think...

*“Who would we be without our habits? Without those little idiosyncrasies and automatic routines that distinguish one person from the next? Our habits, good and bad play a paramount role in defining who we are and subsequently how others judge our character.”
(Talent Space 2013)*

You can unlock your inhibiting habit and move forward to create a strong personal brand that reflects positive work traits and a strong impression about what you care about.

Imagine exploring those areas that you avoid and then creating new pathways for thinking, turning these into new habits that boost your ability to perform.

Now that is a nice thought....

It could be something simple holding you back from enjoying your career and life more.

Let's make that happen for you with our life-changing **UNLOCK YOUR HABIT** programme.

THE EXPERIENCE

The Performance Gallery will take you on a thinking journey to help you **explore** what is inhibiting great performance. We will **unlock** what makes you unique and shape the career vision to express it. We will support your **change** by celebrating all we have learnt and create goals to boost your career forward.

You will undertake an eight-week programme tailored to your needs as an individual. You will be coached by a qualified expert coach, who will support you through three stages, in a location convenient to you.

The programme is made up of three main components:

1. EXPLORE - become self-aware of where you are in your career and where you aspire to be in the future. Determine what 'locks' you and holds you back, and how these habits impact your work and life performance. Determine your goals to get you moving forward.

2. UNLOCK - discover your values and style (your personal brand) to define your career sweet spot and the talents that really motivate you, to help you determine what an extraordinary career can look like. Determine what healthy habits look and feel like, create new thinking pathways and put your plan into action.

3. CHANGE - review what you have learnt about yourself, craft your new personal brand and create a career vision for your future. We'll check in on the embedding of your new habits, summarise how far you have progressed, and confirm your action plan so you continue on your newfound pathway.

The Performance Gallery uses powerful personality profiling tools, that will help you learn about who you are, supported by neuro-leadership techniques and strategies - a research based, brain science approach to optimise your ability to learn and change.

*“Specific brain-based methods create coherent, sticky learning and change strategies that drive sustained performance improvement”
(www.neuroleadership.com)*

We also follow up after the programme to keep you on track.

WHO

To **UNLOCK YOUR HABIT**, you need to be open to learning about yourself and what you need to do to thrive.

The programme is designed for a variety of professionals.

INDIVIDUALS, BUSINESS OWNERS & LEADERS

- Support you or your valued staff members to become aware of how habits can impact individual and team performance.
- Understand how your habits can shape the brand you want in your career and life.
- Become self-aware of your values, talents and brand and get the career you want.

Take a look at our **UNLOCK YOUR TEAM** package also for additional team engagement and performance improvement opportunities.

Visit our website to learn more about who we are and how we work, or phone or email us to get started - **UNLOCK YOUR HABIT.**



Think better, perform better

Kelly-Maree Liberona
Director
Neuro-leadership Coach

021 260 1553
kelly@theperformancegallery.co.nz
www.theperformancegallery.co.nz

 Results Certified Coach
NeuroLeadership
INSTITUTE