

How to
achieve peak
performance
without stress



Superworking®
Course
Overview



SUPERWORKING®

SUPERWORKING® helps you to become a more balanced and productive person in an over stressed and complex world. Based on extensive research these are practical techniques that you can use to tap into the vast unused resources of your mind and body.

Over four weeks you will develop your personal and professional capabilities in critical performance areas. These include relationship management, leadership and negotiation, strategic thinking and work output. You will also develop a healthy life balance.

PROVEN RESULTS FROM SUPERWORKING®

COURSE PARTICIPANTS

“Outstanding, the best course I have ever attended.”

Megan Dalla-Camina, Director – Strategy and Marketing, IBM

“I am getting more done in less time, have more energy, I’m more alert, need less sleep and feel less stressed.”

Division Director, Information Services, Macquarie Bank

“One of the most useful courses I’ve attended. A real life-changer.”

David Stewart-Hunter, CEO, Saatchi

Techniques such as mental time out I use as and when required. Problem solving and whole brain thinking I use all the time. I believe my work is more effective now; I can focus more on the key issues and solve problems

more quickly. I am also more resistant to distractions, stress and outside pressures.

Ian Mulholland, Group Resources Geologist, Aurora Gold, Western Australia

“A fantastic program that allows you to truly understand what it takes to be an exceptional leader without killing yourself. A valuable investment for anyone working in a high pressure environment.

Karen O’Rourke, SSO Competency Executive, IBM. December 2006

“The balance between background research and experiential exercises is the key differential in why this program is so effective!”

Rob Hart, HR Manager, Shell Australia. May 2006

RESULTS

- **Leadership from within** identifies leadership skills by understanding how to tap the source of motivation
- **Learning from the best** adapts the studies of success in a range of disciplines allowing you to work with your strengths, network better with your peers and be coached to move to the next level
- **Reflection as a tool** uses the benefits of deep relaxation as a tool for excellence as experienced by elite sports professionals including visualisation and mental rehearsal to achieve desired results
- **Consistent High Energy** Input taps into the hidden energy and positive perspectives to enable you to get more done in less time and with less stress
- **New ways of thinking** uses the latest neuro-scientific research to develop thinking that is more flexible, more innovative and intuitive
- **Stress Hardiness** builds resilience for high stress times and help protect your health and improve well-being
- **Personal Core Values** understand your deep personal values how they can create visionary goals that tap your passion and purpose and align with your work and lifestyle

PRACTICAL TOOLS

A highly practical guide for improving thinking under pressure. It includes learning on the job and measurement of the improvements during the programme. You will emerge with a tool kit of strategies that you can apply to:

- Achieving high level results
- Building more productive team and customer relationships
- Inspiring a sense of purpose in yourself and your team
- Improving life balance
- Managing diversity and conflict with calm and clarity
- Handling information overload and rapid change with speed and flexibility
- Becoming more creative and intuitive
- Cutting back on working hours – getting more done
- Making effective decisions more quickly
- Develop the full range of Emotional Intelligence (EQ) skills – now linked to performance pay increases in leading organizations

KEY SUBJECT AREAS

Creativity and Innovation

Get your right and left-brain working as a supportive team by developing whole brain activity to the point where right brain creativity combines with left brain logic to develop imaginative and workable solutions. Exercises and practice.

Extending Performance Cycles

Understanding what peak performance is, and what triggers it. At what point does effectiveness begin to decline and what you can do about sustaining momentum. You will also learn what it will take to inspire others to higher levels of effectiveness.

Health, Stress and Performance

Enhance the beneficial effects and minimise the destructive effects of stress, and prevent burnout under high levels of sustained pressure.

Problem Solving & Decision Making

Old problem-solving techniques not working any longer? We'll show you the latest methods for developing a whole brain approach to futuristic problem solving. Using relaxation and imagery to see beyond old ways of doing things.

The Secrets of High Achievers

Identify and adopt the qualities of high achievers. Discover how ordinary people have been able to develop extraordinary abilities in sport, music, business and science.

Enhanced Memory

Ever forgotten an important meeting, a person's name or where you left the car keys. Learn strategies to improve memory and recall – languages, names, faces, facts and technical information.

Mind Body Training

Find out the physical prerequisites for peak intellectual and physical performance. Which foods enhance clear thinking? Which dull the mind? Physical exercises that increase the flow of oxygen to the brain and those that don't. Developing an easy action plan for tuning the human instrument. You will learn exercises and training techniques that move the thought waves into their most effective patterns.

Goal Setting

Learn how to break out of restrictive and out of date mind sets, create your own realistic mindset and motivate others to achieve visionary goals.

Accelerated learning

Embrace the principles, techniques and application to management by understanding how extraordinary mental abilities have been developed in ordinary people. Discover how research has developed techniques to tap the reserves of the mind. (The unused 90-98%).

Intuition

Learn to trust your gut feel. Find out why it is most likely correct by using techniques that explore the unconscious

Mind Mapping

Capture the thoughts as they occur and instantly be able to identify the various threads of opportunity. This technique helps develop the clarity and lucidity that improves memory, decision making, planning, problem solving and creativity.

WHY SHOULD YOU IMPLEMENT SUPERWORKING?

- Reduction in absenteeism
- Reduced working hours
- Improve resilience
- Higher employee engagement
- Building EQ (emotional intelligence) competencies
- Improved team cohesion
- Improved innovative thinking
- Retain the best staff
- Protect employee health
- Reduce stress claims
- Reduce staff turnover
- Build a more productive, happier team

Don't waste another day without these skills.
Phone now and change the way you live
and work forever – discover what you really
are capable of.

Structure Of The Program

Each Superworking program consists of 4 one-day workshops conducted over 4 weeks. You will experience, observe and measure the improvements in your effectiveness as the program progresses.

In House Programs

By arrangement. Talk to us about how you can use Superworking to create a leading edge corporate culture within your organisation.

Ryebuck

removing barriers to performance

To find out how Superworking® can help you achieve success in your personal or organisational development programs, please contact your facilitators, Judith and Les Brandis at:

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