

Habit Patterns that Lead to Long-Term Success in a Diverse Workplace

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Summary

This presentation will teach science-backed Certified High Performance, combined with Mindset Methodologies, as a training for teams, professionals and executives to guide them to be their best selves and up-level their team performance by seeking clarity of their own, their employers' and each other's missions, life & work purpose, and finding new levels of energy, acceptance, inclusion thus supporting diversity and increasing their and the team's productivity and success.

Personal and professional development has taken many twists and turns over the years and, at times, consumers of this education become confused given so much of the work available is opinion-based or contradictory. This presentation will teach high performance as a science-backed training for teams, professionals and executives to guide them to be their best selves, optimal leaders, and up-level their team performance by seeking clarity of their own and each other's missions, and life & work purpose. This leads to finding new levels of energy, inclusion, and courage, thus increasing their and the team's productivity and success. High performance with inclusion of diversity is not about being a particular type of personality or skin colour, but rather routinely developing and exhibiting a specific set of habits and life-practices, thus it can also be used as a best practice to embracing diversity.

Theory / Method / Workflow

The scholarly work done at the High Performance Institute (HPI) by Brendon Burchard, et al has redefined excellence as measurable through specific performance indicators. There are 6 key areas that are proven indicators for high performance, known as the High Performance Indicators™, namely: Clarity, Energy, Necessity, Courage, Productivity, and Influence. Increasing one's score in any of these areas leads to improved happiness, satisfaction, quality of relationships, inclusion of diversity, work quality, career impact, and income. This work is science-backed and has been proven effective through 1000s of hours of research done by over 400 professional contributors at HPI.

A 12-week coaching program (Certified High Performance Coaching™ or CHPC™) has been developed as a methodology for teaching individuals and teams to improve their levels of high performance, regardless of personality, age, socio-economic status, or education. It has been

proven to be effective thousands of times in countless diverse scenarios ranging from professional to personal.

Aristotle came to that same conclusion: in a nutshell, certain habit patterns lead to long-term success.

The work of High Performance habits is greatly enhanced with the work of Mindset Methodologies (developed by David Bayer) which teach not only new ways to think about and address “problems” with work-place relationships and other issues but further enhance productivity and enjoyment in the workplace.

Results, Observations, Conclusions

The presentation will walk through the concepts of mindset combined with high performance habits and propose new methodologies for team management and motivation, and effective strategies, tools and training for professional effectiveness and personal development. Use of the High Performance Indicator™ will be shown to help individuals, managers, and organizations better understand their current performance, as well as provide guidance on optimising diversity for future performance.

Novel/Additive Information

Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.

—Aristotle

Acknowledgements

References

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