

The Center for Management Excellence
1202 Laurel Oak Road Suite 207 Voorhees, New Jersey 08043
Phone: 856-435-1955 Fax: 856-435-1966 Email: info@pressmanandassociates.com

CURRICULUM FOR THE **PERFORMANCE BREAKTHROUGHS PROGRAM**

- Designing your goals: Blueprint for fulfillment.
 - You are the architect of your worklife.
- The problem: Hidden Assumptions (H.A.s) which distort our Vision.
- The fundamental obstacle to excellence: The “Automatic Response” (A.R.) to our H.A.s.
- The solution: Bypassing the Automatic Response, “doing the opposite”.
- Creating a Vision for your work life: Freedom from the Hidden Assumption and Automatic Response is the key to Visionary Leadership.
- Team building: Creating vibrant, healthy and fulfilling work relationships.
- Sensitivity training--Deeply understanding each other; we all share the same H.A.s and A.R.; we all want a better way.
- Communication skill-building--Communicating without the distorting filter of your H.A.s and A.R.
- Exposing the illusion of your H.A.
- Assessing how your H.A.s influence your decisions (at work and in life).
- Leadership training.
- Confidence-building: Working through the H.A.s and A.R.s which sabotage confidence.
- Taking responsibility for one’s role as if it were their own business.
- Self-Expression: Removing the obstacles (A.R.s and H.A.s) to putting one’s whole self into their work.
- Discovering the power to choose differently: the paradigm shift.
- Mindfulness training--“embracing” the H.A.
- Advanced Stress Management.
- Building concentration and focus.
 - Mindfulness training to focus attention for extraordinary clarity and mental prowess.
- Constructing networks of support—getting the job done.
- Overcoming the resistance to asking for help: Making sure goals get met.
- Working through the fear of rejection, the need to save face, trying to “look good”.
 - “Would you rather be right or happy?”.
 - Giving up our “rights”--serving the larger Purpose.
 - Review and fulfillment of goals.