



## Workshop Abstracts

### Session: The Adaptive Performer

Times are changing and those who do not change are vulnerable to huge challenges, frustration, and potential failure. Whether it is regulatory changes or changes in client expectations, the success parameters of being a top performer are shifting. We must adapt in order to flourish while others flounder. At the same time, many of us have mindsets, emotions, and habits that can interfere with our ability to change effectively and easily. To truly change we must have desire, intent, and persistence. These elements are impacted in our session “The Adaptive Performer”.

**The Workshop:** In this highly interactive session, participants will:

- ✓ Explore the reasons for transitioning from traditional ways of dealing with clients to progressive methods.
- ✓ Examine common blocks to changing mindsets, emotions, and habits.
- ✓ Create a conscious intent for the future of their business.
- ✓ Learn techniques to persist in the face of internal or external adversity to change.
- ✓ Discover the difference between mentoring, consulting, selling, and coaching their clients.
- ✓ Learn a self-coaching method that can be applied to changing their business as well as to any future habits, they want to shift.

Participants will leave the session empowered to break habits, transform their business and adapt to the demands of the future.

#### Contact information

For further information on these sessions feel free to contact us at Advantage Coaching & Training, Inc., 480 East Roosevelt Rd; Suite 105, West Chicago, IL, 60185; phone: (630) 293-0210 x 102; email: [info@advantagecoaching.com](mailto:info@advantagecoaching.com).