

PERFORMANCE ENHANCEMENT

Seldom does a person move problem-free through career, family life, school, or business experiences. Difficulties in one's professional life can influence a person's entire life. Difficulties in one's personal life can affect career or work life. For these reasons, the clinical skills of a professional can be extremely valuable if you want to function more optimally in any aspect of your life:

Arts, Family, Sports, School, Business,
Public Speaking, Personal Growth, Entrepreneurship

PERFORM: “to act” or “to do”; the “doing” of acts or feats

OPTIMUM PERFORMANCE: Being all you can be in the process of “doing;” comprised of ability, focus, and motivation.

PERFORMANCE ENHANCEMENT: the bettering or improving of the doing. *No matter what your goal or product, the intention of performance enhancement is that, in your “doing,” you become all that you can be.*

What Blocks Optimum Performance?

We may have the drive, the knowledge, and the skills to achieve our goals. Too often, however, we also have unknown or unexplainable blocks that keep us from reaching the goals we have set. **Blocks to optimum performance may be emotional or physical, or they may be “buttons” that get pushed.** Examples of emotional and physical blocks are: performance anxiety, stress, panic and anxiety disorders, procrastination, phobias, issues with food and weight, chemical dependency, relationship issues, PTSD, depression, and other issues.

You may notice that certain things seem to “push your buttons.” Most likely, those **buttons are left over from a past experience.** You may know it is in the past, but your body-brain network has not yet caught on.

What Skills Can Enhance Performance?

Focusing
Trusting self
Managing time
Managing crises
Setting priorities
Managing anxiety
Communicating clearly
Being ready to meet demands
Planning for adaptive responses
Discerning what is/is not controllable

No matter what your goal or product, the intention of performance enhancement is that, in your “doing”, you become all that you can be.