

## PERFORMANCE ENHANCEMENT

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### WHAT IS PERFORMANCE ENHANCEMENT?

*Performance Enhancement* is a personalized process that focuses on boosting the present and future performance of people who are functioning well and would like to perform even better or be able to perform with more confidence. *Performance Enhancement* focuses on resolving the current obstacles and barriers that keep you from performing at your best, both personally and professionally. Some examples of “performances” people want to boost or enhance include: a specific skill, a leadership role, staying focused, decision-making, public presentation, having an important conversation, and succeeding in a specific situation.

#### **What Blocks Our Optimal Performance?**



The three elements of performance are ability, focus, and motivation. So often, we have the drive, we have the knowledge, and we have the skills. Too often, however, we also have unexplainable blocks that keep us from reaching our goals. Blocks come in many shapes and sizes. Many are often below the surface, out of our awareness, in areas of the brain that are not accessible through talking. Performance blocks reveal themselves in anxiety, avoidance, procrastination, inhibition, and confusion when we approach or anticipate a task.

A long-forgotten difficult, painful, or traumatic experience may also block the flow of a person’s performance. Through the amazing concentration of mind over matter, the mind may have come to believe it is “done” with the past. Yet, if there *is* emotional residue from such past experiences, the body is remembering, and this creates blocks. *Performance Enhancement* helps you to identify such blocks, resolve them, and break through the barriers that stand in your way. To accelerate the process and create lasting results, I incorporate Performance Enhancement EMDR with other tools and processes.

We may have some awareness as to what might be at the root of what is holding us back or interfering with our performance. Often, however, there are connections to

our difficulty that are typically beyond the reach of our conscious mind; they are in areas of the brain that are not accessible through talking. This is where Performance Enhancement EMDR can help to accelerate the process.

### What Gets in the Way of *Your* Best Performance?

The 15 concerns listed below are just a **sample** of issues *Performance Enhancement* can address. Do any of them resonate for you?

<b>COMMON CONCERNS Performance Enhancement Can Help</b>
<u>Procrastination</u> (putting off important things)
<u>Anticipatory anxiety</u> (feeling nervous for hours or weeks before an event, not sleeping, worrying about what might go wrong, panicking)
<u>Lack of confidence</u> (about self or abilities)
<u>Feeling like a fraud</u>
<u>Public speaking, meetings</u>
<u>Interviews, auditions</u>
<u>Fear of failure</u>
<u>Fear of success</u>
<u>Reticence</u> (not going for what you really want)
<u>Difficulty staying focused</u>
<u>Inconsistent performance</u>
<u>Low motivation</u>
<u>Stuck in nonproductive behavior patterns</u>
<u>Agonizing before a performance</u>
<u>Mismatch between ability and confidence</u> (having high ability and low confidence)

### Who Can Benefit from Performance Enhancement?

<b>You may benefit from Performance Enhancement if you:</b>
<ul style="list-style-type: none"><li>• Compete</li><li>• Are beginning a new job or career</li><li>• Have a critic sitting on your shoulder</li><li>• Give public performances or presentations</li><li>• Are returning to work after a period of absence</li><li>• Struggle with social events or the social side of work</li><li>• Need help managing unpredictable or unfamiliar situations</li><li>• Want to be more resilient in challenging or high-pressure situations</li><li>• Want to strengthen or enhance your professional image and credibility</li></ul>

## Who Is Not a Good Candidate for Performance Enhancement?

### Performance Enhancement is *not* therapy.

#### Performance Enhancement is not recommended for people who are currently:

- Self-harming
- Dependent on substances or drugs
- Significantly affected by multiple traumas
- Having difficulty coping
- Suicidal

Some individuals may need to work through deeper issues in psychotherapy prior to moving into a *Performance Enhancement* process. The intake interview helps us to assess this possibility.

For more information about Performance Enhancement read: *“How Does the Performance Enhancement Process Work?”* and *“Is Performance Enhancement for You?”* or contact MarthaElin Mountain, Ed.D., M.A., MFT..

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