



The Performance Manifesto: 7 Steps to Brilliant Performance

By Daragh Sheridan

Sheriff Pubilshing, Ireland, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn to improve your performance of every day tasks. Perform brilliantly in your work, personal and social life. Combining techniques of Sports Psychology, Hypnotherapy and NLP to provide a simple 7 step process to train yourself to perform brilliantly at normal tasks that we all face regularly. Things like: -Business meetings -Sports - Presentations -Hobbies -Speeches -Social situations -Theatre -Exercise -Tests or exams -Any other area where you want to improve your performance. The book explains how the steps work and then provides examples from major sporting teams occasions to illustrate how they work in practice. You will be taught how to personalise the steps and input it to your My Mentor Me Card which you can take with you to help you carry out the short regular practice sessions to bring about that excellent performance when it counts.



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