



**HIGH
PERFORMANCE
INSTITUTE**

The Science-backed High Performance Habits That Make People Extraordinary.

At the High Performance Institute (HPI), we help organizations create a High Performance culture by equipping their people to master the mindset and productivity habits that drive results.

The Six Deliberate Habits that Give You the Edge.

The High Performance Habits Builder Series is an online solution that teaches powerful strategies and daily practices for improving performance in all you do. This digital course is flexibly designed to deliver the top performance skills training to all your employees so that they can access the content from anywhere, as often as they like.

These Six Habits Will Make You Extraordinary.

Based on one of the largest surveys ever conducted on high performers, it turns out that just six habits move the needle the most in helping you succeed. To become a high performer, you must master these habits to reach long-term success.

**Adopt these six
habits, and you win.**

- ◆ **Seek Clarity**
- ◆ **Generate Energy**
- ◆ **Raise Necessity**
- ◆ **Increase Productivity**
- ◆ **Develop Influence**
- ◆ **Demonstrate Courage**

These habits reflect what high performers actually do continually—from goal to goal, from project to project, from team to team, from person to person. Each of the habits is learnable, improvable, and deployable across all contexts of life.

This course is about the art and science of how to practice these proven habits so you succeed faster. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers.

Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, these habits will help you achieve it.

HIGH PERFORMANCE

PEOPLE

HIGH PERFORMANCE

CULTURE

HIGH PERFORMANCE

RESULTS



HIGH PERFORMANCE HABITS is a science-backed, heart-centered plan to living a better quality of life. Included as a PRE & POST to the learning journey so you can measure your progress is the **HPI assessment**. This assessment is based on one of the world's leading high-performance studies and proven performance improvement methods. This assessment will help you understand your targeted growth opportunity, allowing you to develop in the areas most critical to your success.

HPI's Online Habits Builder Program and Materials Include:

- ◆ Onboarding Kick-off Meeting
- ◆ Performance Assessment Feedback Report
- ◆ 6 Lessons on Clarity, Energy, Necessity, Productivity, Influence & Courage
- ◆ High Performance Habits Book
- ◆ High Performance Planner
- ◆ On-Demand Access to HPI's Digital Library

After you progress through the High Performance Habits Program, access the HPI Digital Library and courses on the Secrets of the Top 2%, High Performance GPS courses, and Persuasion Mastery!

Elements of the Six Habits Builder Lessons Include:

- ◆ 1-2 hours of instruction by Brendon Burchard
- ◆ 5 daily practices for improving and locking in this habit
- ◆ 5 recommended videos or documentaries to watch
- ◆ Pre and Post performance assessment
- ◆ 5 recommended books to read
- ◆ Daily journal PDF to improve each specific habit

Each of the six habits is illustrated by powerful videos by Brendon Burchard, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now.



High Performance Habits Results

Implementing High Performance Habits will accelerate the development of your people and foster greater organizational well-being. This virtual learning program maximizes time and results in the following:

- People focused on the critical needle moving habits that increase productivity & drive results
- A growth mindset and applied skillset to optimize their health and improve well-being
- A common language and framework on performance so they can show up at their very best and attain mastery
- New Skills that will become embedded in your everyday culture



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HIGH PERFORMANCE HABITS

1. SEEK CLARITY
2. GENERATE ENERGY
3. RAISE NECESSITY
4. INCREASE PRODUCTIVITY
5. DEVELOP INFLUENCE
6. DEMONSTRATE COURAGE



HIGH PERFORMANCE RESULTS

1. STRENGTHEN CULTURE
2. SUSTAIN GROWTH
3. ACCELERATE INNOVATION
4. RAISE ROI
5. BUILD LEADERS
6. GAIN COLLECTIVE MOMENTUM

Start implementing these habits in your organization today, and watch the success that will follow!

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