



*CERTIFIED
HIGH PERFORMANCE
COACH™*

High Performance Coaching

Why Certified High Performance Coaching?

Most Coaching Programs	Certified High Performance Coaching
Listening Based	Challenge Based
Outcomes are Unclear	Outcomes Defined
No curriculum (hope for value)	Proven curriculum with value built-in i.e. client homework, session notes, program evaluation

The High Performance Coaching process has been created to explore all the ways individuals and teams can reach heightened and sustained levels of performance and potential. As a Certified Coach, my job is to work with you and / or your team through this process in four modules: foundation, charge, declaration and leadership.

The first module "Foundation" is centered on the High Performance Habits and Pillars of High Performance. The second module "Charge" focuses on activating the 10 Human Drives that make you feel alive. The third module "Declarations" attunes you to the 9 Declarations to Claim Your Personal Power. And the fourth module "Leadership" challenges you to reflect on your own leadership, the leadership opportunities in your life and expand your sense of vision and service in the world.

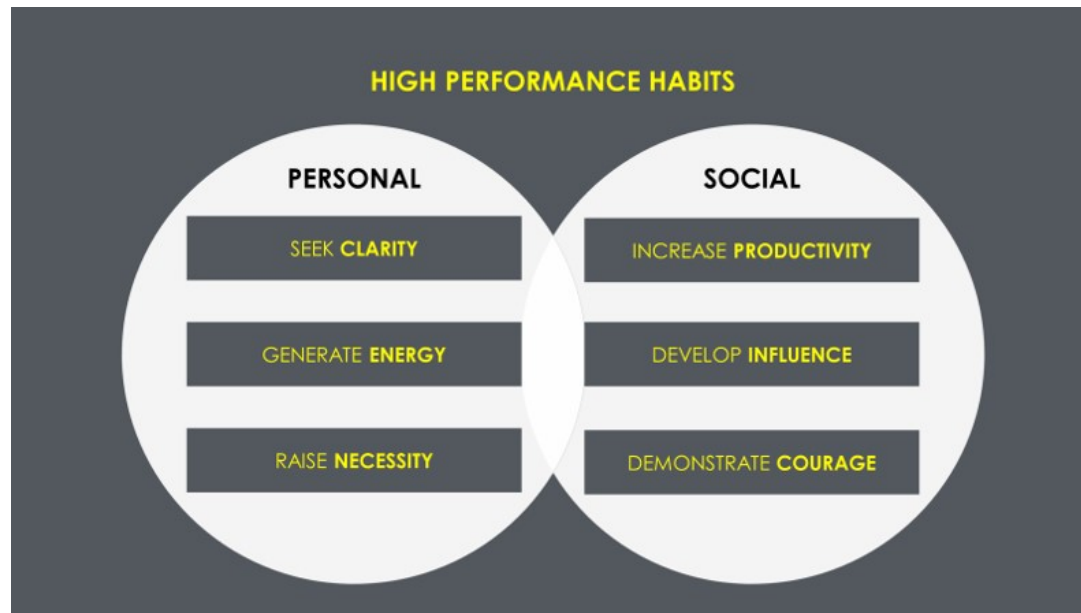
The data¹ shows that if you develop mastery in these areas, then you'll feel more purposeful and fulfilled. So, as a high performance coach, I typically explore how clear you feel about your overall life and goals; whether or not you have the physical energy and mental stamina to perform at your best; how confident and bold you are showing up in the world; what distractions or poor habits cause you to fall off course, and what routines can keep you on track; in addition to what you can do to better influence, lead and inspire all those you serve.

You discover new beliefs, habits and tools that help you join the world's most successful people.

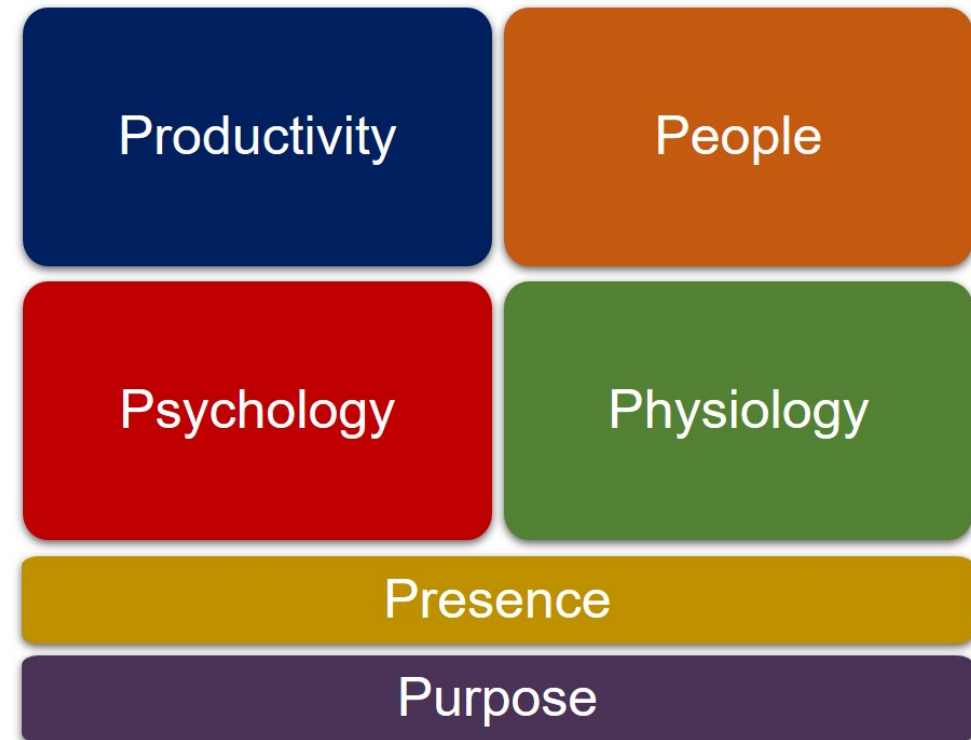
1. Refer Measuring High Performance: The High Performance Indicator Development and Validation

High Performance Coaching Model™

High Performance Habits Sessions 1 – 6: Quick Wins



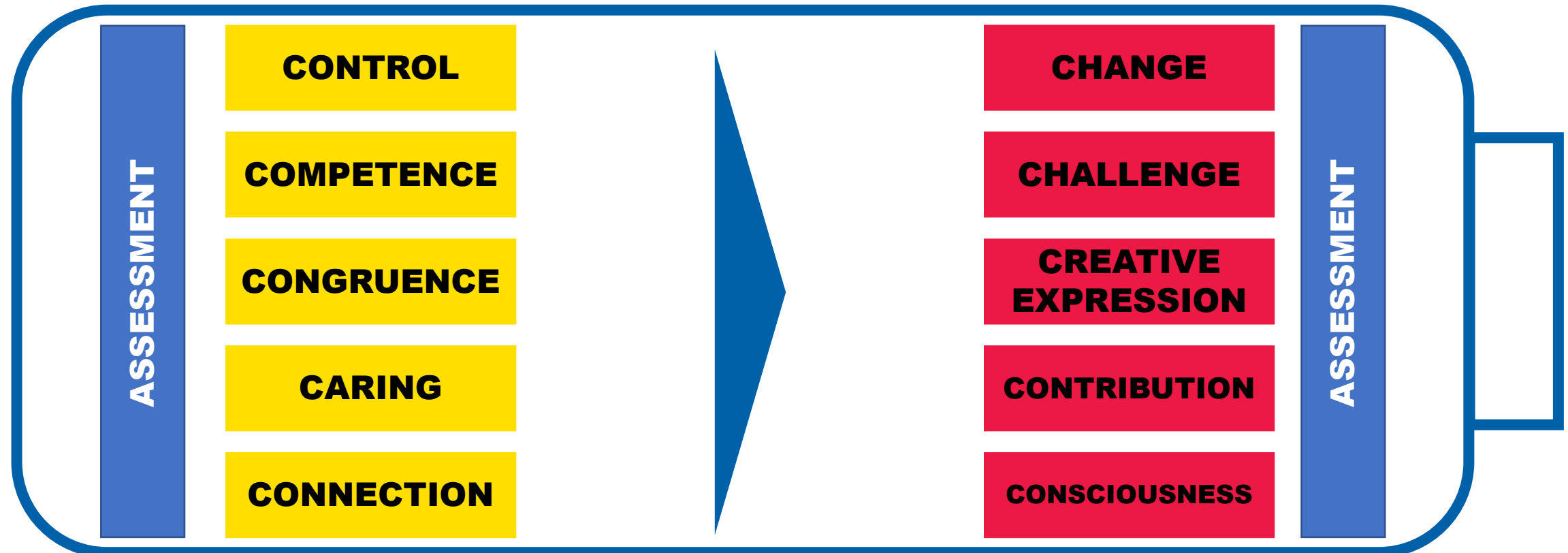
Pillars of High Performance Sessions 7 – 12: Build Mastery



High Performance Coaching Model™

Baseline
Human Drives

Forward
Human Drives



High Performance Coaching Model TM

**Understanding
Freedom, Fear & Motivation**

Personal Freedom

Beyond Fear

Sustained Motivation

**Declarations
Personal Power**

- 1. Presence and Power**
- 2. Reclaim Your Agenda**
- 3. Defiance**
- 4. Advance with Abandon**
- 5. Joy and Gratitude**
- 6. Integrity**
- 7. Love**
- 8. Inspire Greatness**
- 9. Slow Time**

High Performance Coaching Model™

Assess & Reflect
Where am I at as a Leader?



E6 Leadership Framework
The Leadership Journey



Measuring High Performance: The High Performance Indicator Development and Validation

By Alissa J. Mrazek, Michael D. Mrazek, University of California Santa Barbara; Daniel A. Southwick, University of Pennsylvania; Brendon Burchard High Performance Institute

Abstract:

The desire to maximize potential and performance is one of the greatest motivators of the human spirit. Philosophers, scientists, and personal development leaders have long sought to understand the attitudes, behaviors, and traits that enable people to excel, succeed over the long term, and make the most of their lives. However, despite their mutual interest in the topic, little has been done to synthesize efforts across fields. Under the direction of Brendon Burchard, scientists and high performance coaches at High Performance Institute collaborated to create an assessment that measures the habits that lead to long-term success across domains. The assessment, called the High Performance Indicator (HPI), is comprised of six subscales that separately measure clarity, energy, necessity, productivity, influence, and courage. Two studies with a total of 174,054 participants, showed that the **HPI was predictive of several important life outcomes. In Study 1, the HPI was predictive of happiness ($r = .58$), confidence ($r = .67$), education level ($r = .137$), perceived excellence, ($r = .50$) and perceived success in comparison to peers to over the long term ($r = .67$, $p < .001$).** However, the internal consistency and dimensionality of HPI subscales in Study 1 could be improved due to some unclear questions and overlapping items. In Study 2, modified HPI items showed a high-level of internal consistency for each subscale (Cronbach's α 's from .74 to .87), and a latent dimensionality that reflected six unique constructs. Similar to Study 1, HPI scores in Study 2 were **predictive of important life outcomes, such as life satisfaction ($r = .62$), quality of interpersonal relationships ($r = .22$), work quality ($r = .60$), career impact ($r = .58$), and income ($r = .23$).** Subsequent analysis of $n = 109$ attendees of High Performance Academy provided evidence that these habits could be substantially enhanced through high performance training ($d = 1.04$).



Stephanie Barros
IGNITING YOUR SPARK

**Blair
Singer**
TRAINING ACADEMY
Certified Trainer, Leader and Coach

**CERTIFIED
HIGH PERFORMANCE
COACH™**

About Your Coach

Stephanie is an inspiring and passionate high performance coach, facilitator, speaker and international best-selling author with an insatiable appetite for continuous learning; is approachable, engaging and focused on Igniting Your SPARK to explode your potential and live life fully!

For over 25 years, Stephanie has created sustainable high performance cultures driving results consistently over the long term. She has worked in the corporate world with a variety of individuals, teams and functions. Stephanie is focused on the personal and professional development of individuals and teams with a particular passion for developing talent, culture and leadership potential in IT Professionals and for IT Organisations.

Stephanie is a certified high performance coach, trained facilitator and multi-disciplinary senior leader with experience in Information Technology, Finance as well as Human Resources. She has worked in the Healthcare, Property and Financial Services industries and has a Bachelor of Business (Accounting) and Master of Business (Information Technology Management) from the University of Technology, Sydney.

Stephanie coaches individuals and teams from her extensive experience, she facilitates workshops in high performance, captivating communications, personal and professional leadership development. Stephanie speaks to small and large audiences on a breadth of topics including having delivered a TEDx talk on Making Connections. She is a volunteer mentor for Females in Information Technology & Telecommunications, a co-founder of the Women Leading into the Future movement and in her last corporate role, Stephanie was the Asia Pacific Regional Director of IT for Johnson and Johnson.



Stephanie Barros

IGNITING YOUR SPARK



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