



CENTER FOR
GLOBAL BEST PRACTICES

"Enhancing Global Competitiveness Through Best Practices"

HOW TO GET TO YOUR HIGH PERFORMANCE ZONE UNLEASING THE POWER WITHIN YOURSELF

TUESDAY, JUNE 9, 2026 * 9:00AM TO 12:00NN VIA ZOOM

Course Outline

- I. Review relevant research on flow states, high performance zones, stress management, self-talk and mental resilience.
- II. Learn how you can define your personal high performance zone for the particular activity at hand.
- III. Explore how your self-talk can change your mental state to be supportive of or detrimental to getting into your personal high performance zone and staying there.
- IV. Investigate the roles and relationships between the conscious, semi-conscious and subconscious elements of your mind.
- V. Find out what self-hypnosis is and how it can be used to change and manage your mental state.
- VI. Appreciate the risks and potential benefits of self-hypnosis as compared with using a hypnotherapist.
- VII. Acquire the knowledge on how to write an induction script, a deepening script, a prescriptive script and an awakening script.
- VIII. Discover the advantages of hypnotherapy using a facilitator, particularly when a hypnotic session involves regression.

For query, consulting requirements or request for in-house training programs, please contact:

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