



# HOW TO GET TO YOUR HIGH-PERFORMANCE ZONE

## UNLEASH THE POWER WITHIN YOURSELF!

TUESDAY, JUNE 9, 2026 \* 9:00AM TO 12:00NN VIA [Zoom](#)

Have you ever experienced those moments when everything just clicks – when you are completely focused, confident and performing at your absolute best? Whether in sports, business, public speaking or high-stakes decision making, we all have a mental *high-performance zone* - a state where clarity, control and confidence come together to elevate our abilities. But what if you could tap into that zone *whenever you need it*?

In this dynamic and eye-opening training program, you will learn how to define and activate your personal high-performance zone on demand. Through proven psychological techniques, we will show you how to:

- Identify the cognitive and emotional state that maximizes your performance.
- Overcome self-doubt, anxiety and negative self-talk that hold you back.
- Rewire your thinking with powerful mental strategies for confidence and focus.
- Cultivate a mindset that enhances decision-making, leadership and communication.
- Apply these techniques across different aspects of life – presentations, negotiations, sports and high-pressure situations.

Led by an expert in performance psychology, this training will provide actionable insights to help you harness the full potential of your mind. Whether you are preparing for a big presentation, leading a team, making a game-changing decision or simply looking to enhance your personal and professional effectiveness, this session will equip you with the tools to step into your best self – every time. If you are ready to break through mental barriers and perform at your peak when it matters most, this is one webinar you don't want to miss!

**Course Director & Master Trainer: PHILLIP R. ASH, PH.D.**

He led the leadership training programs at the Asian Development Bank and created its online learning program that provided training and development services that grew to more than 40 online and blended courses. While serving as an advisor to the director-general for finance and human resources for 4 years until May 2013, he also led the re-alignment efforts that transformed ADB's functional approach towards HR to a more strategic focus.

For many years he also served as dean of the American Sentinel University whose student population he helped grow from 7,000 to more than 70,000 during his tenure. He was the change management practice director of Andersen Consulting for 5 years and handled clients including the World Bank, LG Electronics, Ernst & Young, Frito-Lay, Coca-Cola and many more!

**\*Training investment is inclusive of an e-certificate and a printed learning material**

**₱2,980 / person** (when you register and pay on or before May 9)

**₱3,980 / person** (when you register and pay after May 9)

**\*Optional:** Add ₱450 for a printed copy of a certificate of attendance inclusive of delivery charge

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**Who Should Attend:**

- Leaders
- Professionals
- Executives
- Athletes
- Students
- Everyone interested in the topic