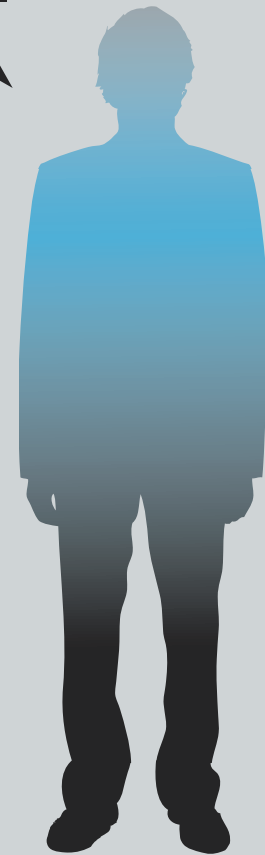


Welcome to the next generation of performance coaching and change management solutions, for individuals and organisations.

Please take a look at how you can enhance your capabilities, realise your potential and get motivated to make change happen...



## What is My Performance Coach®?

My Performance Coach® (MPC) is a multi-sensory and multi-media coaching and mentoring application for individuals and organisations.

MPC emulates important processes and methods of a top performance coach in 4 key themes:

PERFORMANCE

CHANGE

WELL-BEING

LEADERSHIP

It combines more than 50 hours of re-useable content, tools and techniques in a highly experiential environment, to engage learners with expert 'high performer' contributors and resources.

MPC is a self contained, performance and personal development toolkit for individuals eager to unlock their full potential and capability.

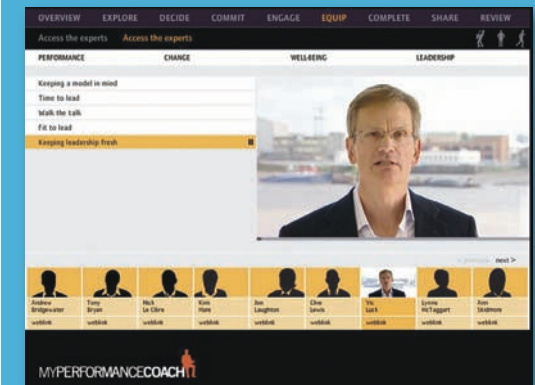
It can be used to underpin personal and business transformation programmes, and HR initiatives (such as career, performance, work/life balance and talent management, etc.), enabling long-term employee engagement, motivation, commitment and performance.

MPC can be used in conjunction with training courses and coaching relationships for effective application of learning in the workplace. It's customisable and scaleable for enterprise wide application and updateable to keep content topical and relevant.

MPC is an affordable performance solution for individuals and organisations.

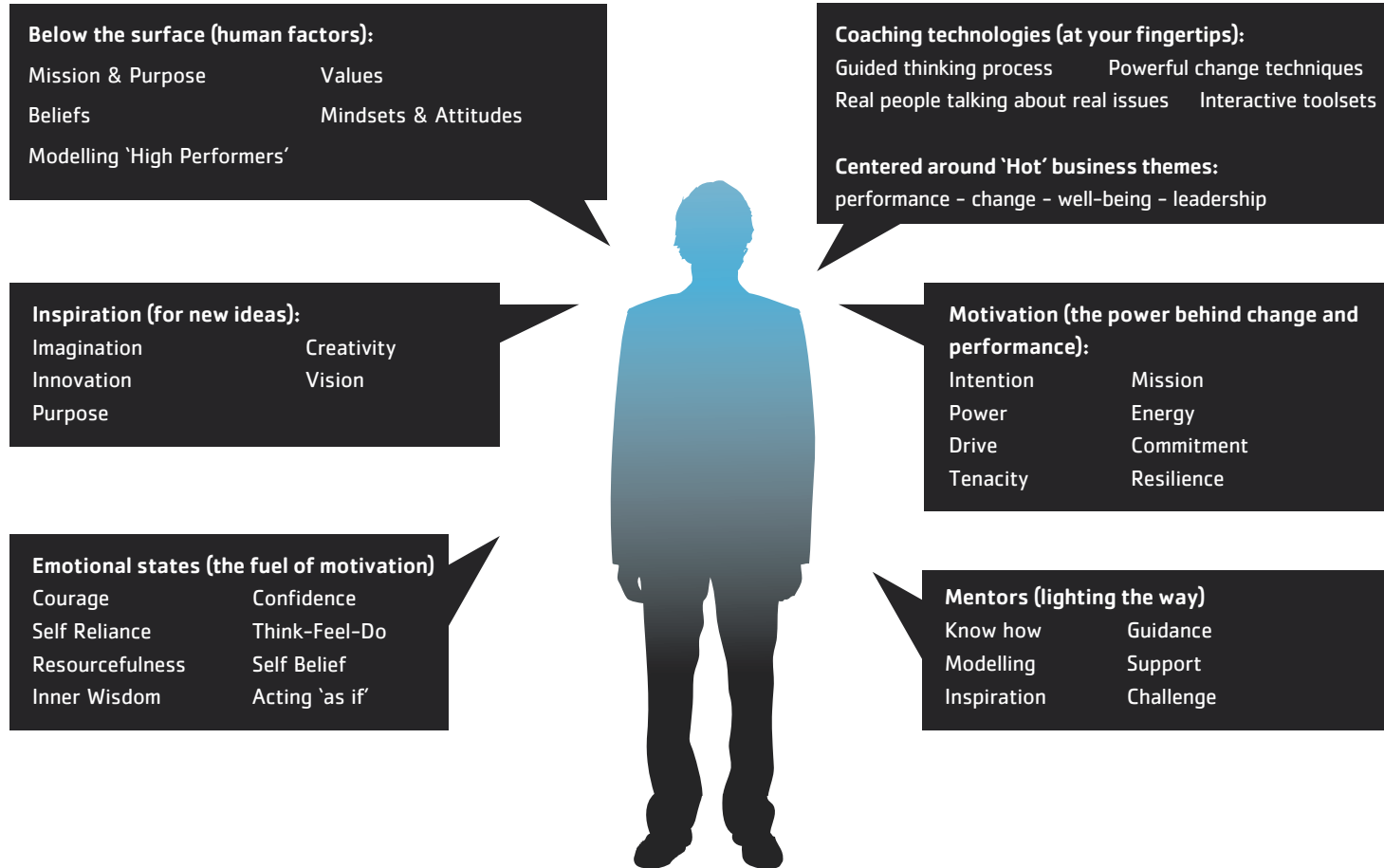
### MPC AT A GLANCE

- ✦ Simulates performance coach processes and techniques
- ✦ Interactive tools alongside multi-media content
- ✦ Inspirational mentors and 'expert' interviews
- ✦ Business strategy communications and delivery platform
- ✦ Comprehensive and customisable
- ✦ Affordable coaching, scaleable for the masses
- ✦ Updateable and relevant to real business needs



## What is the real power and impact of My Performance Coach®?

In a nutshell, MPC helps you to create clearly articulated desires and goals, form meaningful actions and decisions, which leads to better outcomes and results. MPC is designed to connect identity, values, beliefs, purpose and motivation with individual and organisational goals, by influencing the adoption of powerful mindsets and emotions which directly govern 'high performer' behaviours and results.



## HIDDEN DEPTHS



**What are you doing now...**

**To develop what lies beneath the surface?**

## How will My Performance Coach® add value?

The culture and processes of learning are changing. Industry trends indicate movement away from 'skills training', towards 'learning for performance'. New e-performance support systems and blended learning technologies can enable improved attitudes, beliefs and competencies, especially for 'on the job' and 'in the moment of need' user demands.

### WHAT'S DIFFERENT ABOUT MPC?

#### HUMAN IMPACT

Besides providing 'high performer' capabilities to users, MPC seeks to explore, influence and align the 'inner game' factors that ultimately influence success the most, e.g. beliefs, values, identity, mission and purpose. Once these are aligned mentally and emotionally, then new behaviours are a natural consequence

#### MANY CONTRIBUTORS

We are involving many different subject matter experts and high performers so that users hear about methods, strategies and techniques, from real people, talking about real experiences, not just theory

#### MOTIVATIONAL SUPPORT

MPC offers an array of different tools and techniques to positively impact and maintain motivation and personal commitment levels, which can be used on a daily basis, as required

#### CUSTOMISABLE CONTENT

Interviews and featurettes can include the organisations 'high performers' and leaders, alongside external experts and guru's. Also bespoke tools, methodologies, techniques and processes, for use day to day, can be incorporated in support of key business drivers

#### STRESS AND WELL-BEING

High performers who sustain outstanding results over time know how to manage stress proactively, as opposed to reactively. Greater corporate responsibility for stress management and well-being means that essential tools and techniques are now required 'on demand' by employees

#### MULTIPLE USE OF CONTENT

The tools provided can be applied to a variety of user scenarios, enabling many different objectives and plans to be developed. MPC is designed to be a re-useable facility and growing toolkit, adding longer term value by underpinning business improvement initiatives. This creates a unique user friendly platform for enterprise wide continuous improvement

#### TRANSFORMATIONAL PROCESS

We were inspired to develop the Hero's Journey metaphor work of Joseph Campbell and reflect this in the structure of the MPC experience. When the steps and stages of this transformational process are understood, it makes facing major challenges and personal demands easier to manage

#### SCALEABLE COACHING

MPC simulates some of the key features, processes and practices of top performance and life coaches. It provides experiences and methodologies, which directly support formal coaching and mentoring relationships; performance and talent management, personal development goals and team based activities. An affordable, accessible and scaleable solution

### KEY DESIGN FEATURES

- ✦ Interactive tools and templates for high impact on attitudes and behaviours
- ✦ Video featurettes from top performers and experts sharing experiences
- ✦ Techniques for managing stress and personal well being issues
- ✦ Animations, visualisations and mental rehearsals for high impact
- ✦ Personalisable, adaptable and reusable for on-going value to clients
- ✦ Supports transition management e.g. career, talent, personal development, etc.



## Who can benefit from My Performance Coach®?

Individuals and organisations have to constantly adapt, innovate and transform the ways they operate and how they lead themselves and others through change. The rapid growth of performance and life coaching reflects the awareness of the benefits that coaching brings, over and above traditional training and development methods. Today's challenging working environments demand new tools and ways of working, to help people work smarter not harder.

### WHO IS MPC FOR?

#### CEO'S AND BUSINESS LEADERS

Set out and communicate your expectations, the organisations agenda and business strategies

#### HUMAN RESOURCES DIRECTORS

Drive and 'join up' the people, change and performance initiatives across the organisation, to 'engage' the workforce

#### CHANGE LEADERS/SPONSORS

Underpin, feed and drive the change agenda requirements and deliver topical tools and techniques to the organisation

#### LINE AND TEAM MANAGERS

Support performance and development conversations and processes, making it easier to manage 'results delivery'

#### TEAM MEMBERS AND WORKFORCES

Provide a workforce performance and engagement toolkit for embedding new skills, tools, and techniques into smarter working practices

#### MANAGEMENT AND HR CONSULTANCIES

Offer innovative, leading edge and customisable solutions to your clients that deliver sustainable value driven relationships

#### EXPERTS AND 'THOUGHT LEADERS'

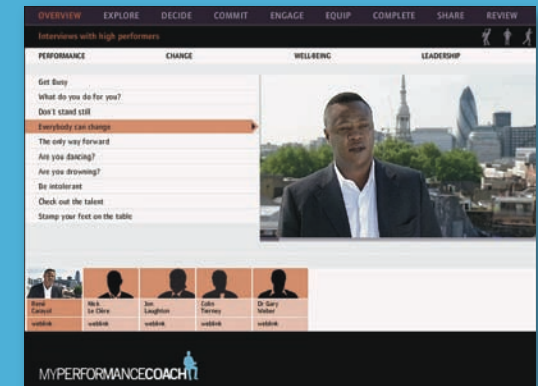
Utilise an innovative communications platform getting your important messages and key themes out to wider audiences

#### AN INDIVIDUAL WANTING MORE

Use the latest tools and techniques to get more out of your personal and working lives

### SYSTEM REQUIREMENTS

- ✦ Microsoft Windows ME, 2000, or XP
- ✦ Intel Pentium III 600MHz
- ✦ 256Mb RAM, 130Mb Virtual Memory, 2GB hard drive free space
- ✦ DVD drive
- ✦ 800x600 colour display
- ✦ Windows compatible graphics card, 64Mb VRAM
- ✦ Soundblaster compatible sound card



## What they say about My Performance Coach®?

"The power of coaching to transform organisational performance is widely recognised, yet its application is limited to a small minority. My Performance Coach® is a bold development to bring coaching to the majority"

[Vic Luck - Leadership Coach and Business Consultant](#)

"These days, the key predictor for high performance is the ability to master your energy and emotional well-being. MPC provides access to tools and techniques that help people to achieve more and improve their lives"

[Kim Hare - Director of Kaizen Training](#)

"MPC represents a quite unique approach in the field of management coaching and I believe it has the potential to be the market leader".

[René Carayol MBE International Author, Broadcaster & Business speaker](#)

"MPC provides a structure that allows individuals to work out how they can convert more of their potential. Organisations that seek to enable their employees to take on the development of courageous behaviours in the delivery of challenging objectives will benefit from this product. Increasingly uncertain worlds require employees who can harness more from ambiguity than ever before, courage is a commodity few companies see enough of".

[Tony Douglas - Managing Director BAA](#)

"I particularly like the way that the comprehensive toolkit for improving an individual's performance can be tailored to suit different cultures, settings and variety of learning. It would appear to be a very helpful means of assisting learners to develop themselves and raise their aspirations and performance that would complement and reinforce (training) courses."

[Phil Hope MP Parliamentary Under-Secretary of State for Skills](#)

"I have been very impressed by the interactive development tool My Performance Coach®. It is a unique framework in which, in my opinion, will offer managers and individuals the ability to develop and refresh essential skills for both today's and tomorrow's challenges".

[Jonathan Neale - Motor Racing Industry](#)

AUTHORISED SUPPLIER



## USER COMMENTS

"The facing your challenges visualisation relaxed me and took away the days stress, and then went on to make me feel more empowered and able to deal with forthcoming challenges in a more positive way"

"I really like the combinations of tools and techniques brought together in one easily accessible place"

"Slick, professional and easy to use"

"Jam-packed with models, ideas, 'expert' video clips and a multitude of tools and techniques"

"Excellent emphasis on human performance in project delivery"

**My Performance Coach®  
has the tools you need to  
realise your potential.**

**Contact us now to learn  
more...**

