



## The Mental Technology of Peak Performance Education and Conversation with Dr. Joe Pace

Peak Mental Technology is a leadership participant workshop, which involves several key concepts that relate to the planning process. In this lively and dynamic session participants will understand how the mind works in order to affect peak performance.

Some of the topics in this upbeat presentation include:

1. Mental Technology . . . the importance of changing habits, attitudes, beliefs and expectations in order to become more effective.
2. An overview of what current research is showing about how to effectively meet the major challenges faced in our personal, professional and organizational lives.
3. Understanding and practicing “Emotional Intelligence”. (IQ vs. EQ)
4. How “blind spots” in thinking keep us from being effective.
5. How to create an environment where every employee is a Model, Mentor and Monitor and involved in changing lives not just running departments.
6. How to think more strategically: building teamwork and developing common vision, strategy and synergy.
7. Implementing Effective Organizational Change.

This presentation will dramatically improve your personal and professional performance.



Dr. Joe Pace is an internationally recognized performance psychologist, educator, speaker and author. He presents seminars and workshops in the areas of corporate cultural alignment, leadership development, student retention, and personal and professional achievement. His background in teaching, psychology, and business aids him in delivering research-based information to a global audience; from corporate executives to faculty and students.

Dr. Pace is the author of the best selling textbook, *Thought Patterns for a Successful Career*®, used in over one thousand colleges and schools world-wide by over one million students.

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