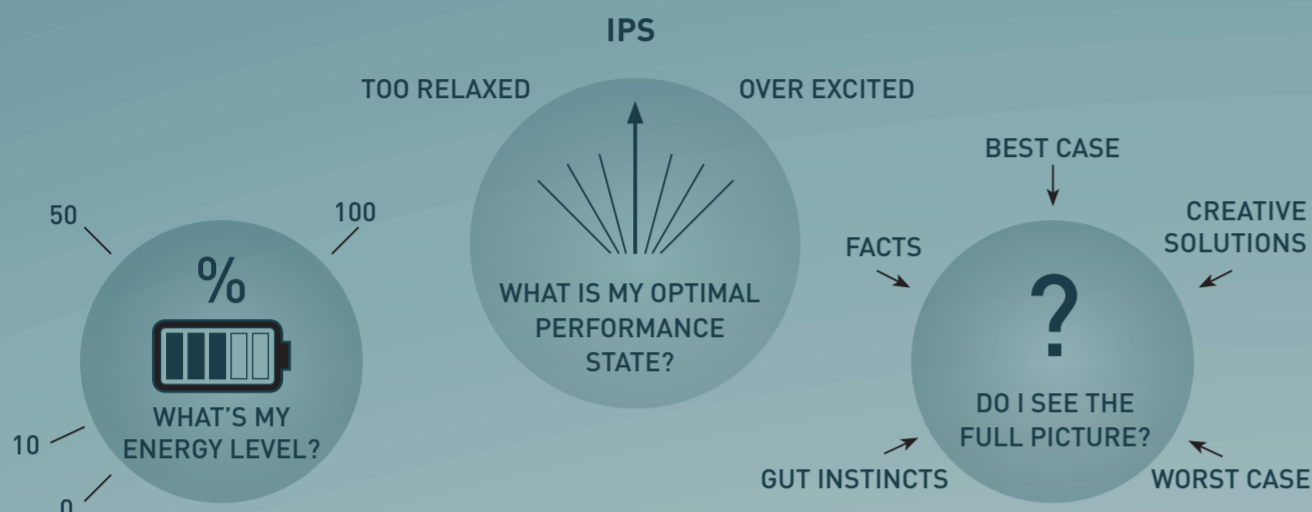


# - Toolkit for a striking performance -

## Cockpit of Success

IN ORDER TO MOVE STRIKINGLY FORWARD

What values help you to understand better if you are tipped for success?



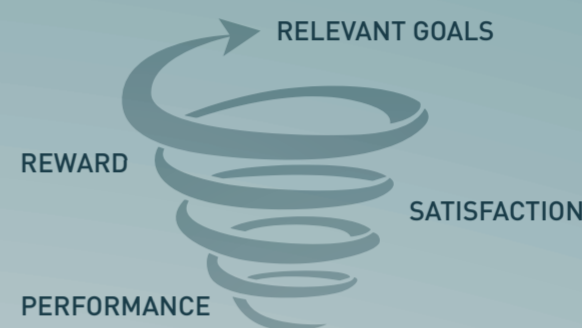
## Helicopter-View

HOW WOULD I SEE MYSELF AND MY SURROUNDINGS FROM 10'000 FEET?

What strikes me most in that view?  
What would I like to see for myself?  
What are 3 to 5 advices I would give myself?

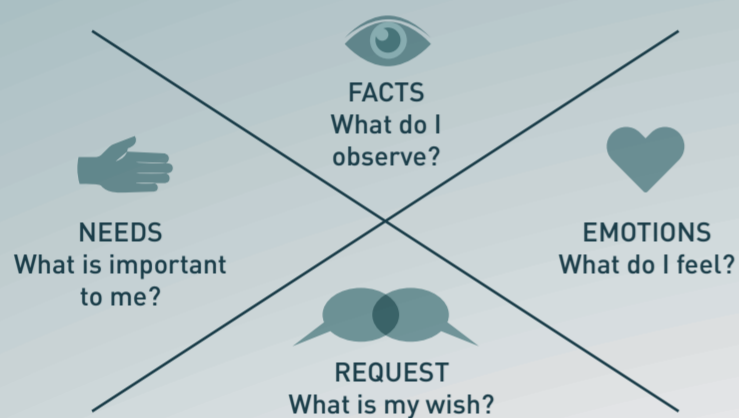
## Positive Spiral

WHAT ARE THE OPTIMAL GOALS TO GENERATE MOMENTUM?



## Non-violent Communication

CLARITY WHEN TALKING AND UNDERSTANDING



## Mental Hardiness

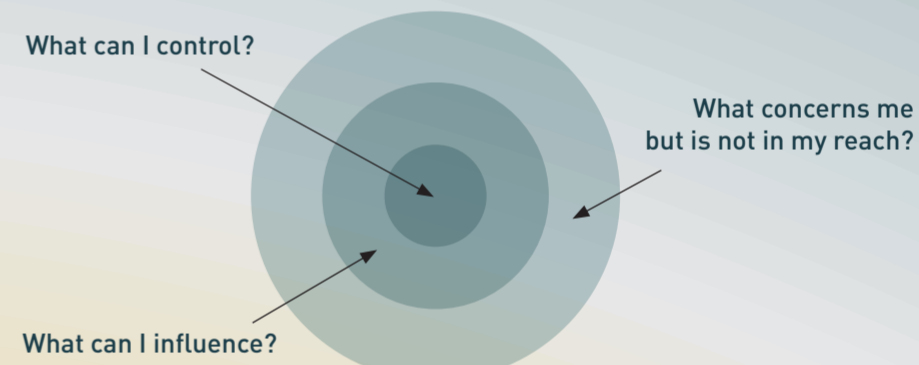
HOW CAN I EMPOWER MYSELF DURING CHALLENGING TIMES? HOW CAN I CREATE OR ACTIVATE AN EFFECTIVE BACKUP PLAN?



## Circle of Control

PUT THE FOCUS ON MY REACH!

How can I focus on my actions?



## Solutions from 1 to 10

CALL THE TOPIC BY ITS RIGHT NAME AND SCALE IT BETWEEN 1 AND 10.

If the maximum is 10 and 1 is the minimum – where am I right now?  
Important:  
A: Why it is not rated at 1?  
B: What is different if I am one point higher?  
C: Let's say, it is extremely difficult: What can you do to NOT make it worse?



## Time-Jump

IN ONE YEAR TIME, WHAT WOULD I LIKE TO TELL ABOUT IT?

What was the reason for doing it?  
In what manner did I proceed?  
What did I achieve?  
What am I most proud of?



## Step by Step Approach to the Top

- 7 GRATITUDE (SATISFACTION = REALITY/EXPECTATIONS)
- 6 LEARNING – OPTIMIZING – DEVELOPING
- 5 DOING & LEADING – KEEP UP THE FIRE
- 4 CREATE AND PLAN NEW SOLUTIONS
- 3 DO WE NEED AN ALTERATION OR A NEW WAY DEALING WITH IT?
- 2 FIND INNER STRENGTH AND TOP FORM (OXYGEN FIRST)
- 1 OBSERVE AND ACCEPT (WHAT IS IT? WHAT IS ALLOWED?)

## The Triangle of Change

EACH CHANGE HAS 3 DIMENSIONS – HOW CLEAR AM I ON EACH?

