



IMPROVING BUSINESS THINKING, PERFORMANCE AND OUTPUT

Superworking is an outstanding internationally-recognised personal and professional improvement program for business leaders in all sectors.

It has the following proven benefits:

- Improved resilience
- Better time management
- Increased capacity to meet critical deadlines
- Increased capacity to manage complex decision
- Greater efficiency
- Enhanced creativity
- Faster learning
- Greater influence on others
- Significantly improved capacity to maintain calm in challenging situations.

Using adult learning principles applied in the development of such high performance professionals such as athletes, astronauts and successful business executives, Superworking provides leaders with the practical techniques and critical knowledge to vastly improve not just **what** they do but **how** they do it.

The program assists leaders to get more done, more efficiently in less time with less stress

SUPERWORKING®

SUPERWORKING helps you to become a more balanced and productive person in an over stressed and complex world. Based on extensive research, these are practical techniques that you can use to tap into the vast unused resources of your mind and body

Over 3 days you will develop your personal and professional capabilities in critical performance areas. These include relationship management, leadership and negotiation, strategic thinking and work output. You will also develop a healthy life balance.

SUPERWORKING AT A GLANCE:

- 3 full-day workshops
- Proven principles of adult learning and well-being
- Focus on cognitive function, accelerated learning, increased creativity and building emotional intelligence

RESULTS

Leadership From Within

identifies leadership skills by understanding how to tap the source of motivation

Learning from the Best adapts the studies of success in a range of disciplines allowing you to work with your strengths, network better with your peers and be coached to move to the next level

Reflection as a Tool uses the benefits of deep relaxation as a tool for excellence as experienced by elite sports professionals including visualisation and mental rehearsal to achieve desired results

Consistent High Energy input taps into your hidden energy and positive perspectives to enable you to get more done in less time and with less stress

New Ways of Thinking uses the latest neuro-scientific research to develop thinking that is more flexible, more innovative and more intuitive

Stress Hardiness builds resilience for high stress times and helps protect your health and improve well-being

Personal Core Values understand your deep personal values, how they can create visionary goals that tap your passion and purpose and align with your work and lifestyle

PRACTICAL TOOLS

A highly practical guide for improving thinking under pressure. It includes learning on the job and heightened awareness of the improvements acquired during the programme.

You will emerge with a set of strategies that you can apply to:

- Achieving high level results
- Building more productive team, client and peer relationships
- Inspiring a sense of purpose in yourself and your team
- Improving life balance
- Managing diversity and conflict with calmness and clarity
- Handling information overload and rapid change with speed and flexibility
- Becoming more creative and intuitive
- Cutting back on working hours while getting more done
- Making effective decisions more quickly
- Develop the full range of Emotional Intelligence (EQ) skills that are now linked to performance pay increases in leading organisations

KEY SUBJECT AREAS

Creativity and Innovation

Get your right and left brain working. Develop whole brain activity to the point where right brain creativity combines with left brain logic to develop imaginative and workable solutions. Exercises and practice.

Extending Performance Cycles

Understanding what peak performance is, and what triggers it, and at what point does effectiveness begin to decline and what you can do about sustaining momentum. You will also learn what it will take to inspire others to higher levels of effectiveness.

Health, Stress and Performance

Enhance the beneficial effects and minimise the destructive effects of stress, and prevent burnout under high levels of sustained pressure.

Problem Solving & Decision Making

Old problem solving techniques not working any longer? We'll show you the latest methods for developing a whole brain approach to futuristic problem solving. Using relaxation and imagery to see beyond old ways of doing things

The Secrets of High Achievers

Identify and adopt the qualities of high achievers. Discover how ordinary people have been able to develop extraordinary abilities in sport, business, arts and science.

Enhanced Memory

Learn strategies to improve memory and recall - languages, names, faces, facts and technical information.

Mind Body Training

Find out the physical prerequisites for peak intellectual and physical performance. Which foods enhance clear thinking and which dull the mind. Discover physical exercises that increase the flow of oxygen to the brain and those that don't. Develop an easy action plan for tuning the human instrument. You will learn exercises and training techniques that move the thought waves into their most effective patterns.

Intuition

Learn to trust your gut feel. Find out why it is most likely correct by using techniques that explore the unconscious

Accelerated Learning

Understanding how extraordinary mental abilities have been developed in ordinary people. Discover how research has developed techniques to tap the reserves of the mind (The unused 90-98%)

Mind Mapping

Capture the thoughts as they occur and instantly be able to identify the various threads of opportunity. This technique helps develop the clarity and lucidity that improves memory, decision making, planning, problem solving and creativity.

At the End of the Program

You will understand how to:

- Identify the triggers that enhance clear thinking, apply instant techniques to increase concentration, memory and creativity
- Increase your capability to rapidly find innovative and practical solutions to complex problems
- Maintain calm clear thinking
- Increase your reading speed and comprehension
- Focus faster and more sharply
- Improve and stimulate creative thinking
- Motivate others to higher levels of effectiveness

TESTIMONIALS

"A well thought out program that encapsulates the major tools available to enable a more effective person. Masterfully presented in a calm environment. A memorable course that I hope will be with me for life"

Senior Vice President, IBM

"We have used the Superworking program to address concerns around work intensification, globalisation of management structures, work schedules and general volatility of organisational structures. I thoroughly recommend the program. The expected business benefits are improved productivity, and a better staff morale"

**HR General Manager
Shell Company of Australia**

"Superworking was one of the best programs that I have experienced"

**Assistant Commissioner,
Education Department
Victoria Police**

"My expectations were exceeded and application of the various techniques certainly improves outcomes"

**Director of Manufacturing,
Kraft Asia**

During the last decade a vast amount of research has focussed on high achievers and their characteristics. The research has been linked with research on brain behaviour, investigating how mental effectiveness can be enhanced. This workshop program draws on that research to provide an understanding of, and the techniques to apply, the principles of high level performance.

The program is innovative and different. Expect the unexpected, apply the techniques and discover previously untapped personal resources that can be utilised in all areas of work and life.

*"The effective leader
sees over the horizon,
hears through the white noise,
touches the hearts of others,
senses the currents of
change and opportunity,
speaks with energy and
listens with imagination"*

القائد المؤثر يرى ما وراء الأفق
يسمع عبر الضجيج
يلامس قلوب الآخرين
يشعر بالتغيير والفرص
يتكلم بعنفوان ويصغي بتأمل

TESTIMONIALS

"I am getting more done in less time, have more energy, I'm more alert, need less sleep and feel less stress"

**Division Director
Macquarie Bank**

"Outstanding, the best program I have ever attended"

**Director
Strategy and Marketing
IBM Australia**

"I believe my work is more effective now; I can focus more on the key issues and solve problems more quickly. I am also more resistant to distractions, stress and outside pressures"

**Group Resources Geologist
Aurora Gold Mine**

"Superworking provided me with tools that enhance my technical skills. I now have the ability to apply my technical skills far more effectively"

**Australian Government
Executive, CSIRO**

"I have more energy and achieve better outcomes in all aspects of my leadership role"

Australia Post



QUALIA LEARNING NETWORK PTY LTD

Suite 208, 360 St Kilda Road, Melbourne, Victoria, Australia 3004

Telephone: +61 3 9686 4550 • Fax: +61 3 9686 4554 • Email: ask@qualianetwork.com.au

In the Arab Region, Qualia Learning Network works in cooperation with

3 STEP HR FZE

P.O Box 75671 Level 5, The Fairmont Dubai Sheikh Zayed Road, Dubai, UAE

Tel: +971 4 311 6642 • Fax: +971 4 332 8810 • Email: info@3stephr.com • www.3stephr.com

