

# Excellence for Leaders

*“Leadership, success, happiness and the flow of prosperity are the results of the mastery of the mind.”*

The whole of life is an invitation to advance towards excellence. No matter in which area we want to be successful – business, relationships, personal growth – we can only succeed by starting from ourselves and by accessing our deepest resources through overcoming of our mental and emotional patterns that block and hinder us.

It is possible to balance our growth in a way that we can be successful in every sphere of life. The achieved victory is in the recognition, acceptance and expression of oneself relishing in what is our birth right, happiness. To achieve happiness is the goal of both, leadership and success. One looks for success to be happy and one becomes a leader to manifest the success.

## Psychology of Excellence

*“Great leaders have always known that it is a continuous journey of self-discovery and self-growth and application of that knowledge that truly transforms.”*

Psychology of Excellence is an in-depth leadership training designed to bring excellence and full self-realization. It contains the practical know-how that can lead us out of our personal pre-conceptions. These pre-conceptions limit us to living a life of average. They prevent us from exploring the bountiful inner resources of energy, skills, intuition and courage that lie inside each one of us. These resources make possible what in the restriction of mediocrity we could not imagine to be.

Psychology of Excellence allows us to be Master of the Mind. It is designed to cleanse the subconscious and to control its influence on the perception of reality. It creates a space of silence and a neutral openness so that the signs of our creative essence can be clearly felt. The applied techniques can be practiced by everyone (also sitting on a chair) and require no special physical or mental abilities.

## Challenge - To Elevate the Paradox

Our statement of **Psychology of Excellence** is a paradox. That is why we choose it. We want to elevate the paradox that exists in the individual to use the combination of his polarities to combine a powerful, unique and immediate condition to excel.

The etymology of psychology comes from psyche and logos. Psyche is simply the personification of the spirit like the mythology symbolically teaches to us. It is the complex of the phenomena and functions that allow the individual to have an experience of himself and the world. Logos is the word used logically to give a sense to something. Excellence is the capacity of the individual to move fast out from his own imaginary limits and preconceptions in order to be outstanding in his expression and proficient in his labour.

If it were possible to find a logic in the psyche everybody could reach any state of mind through a rational and analytical process. Instead of that consciousness, intuition and courage are required to deal with the psyche as well as an extraordinary mastery of the mind and the will to excel.

## Concept – The Science of Essence

Authentically being ourselves is the natural state in which leadership and success can flourish. The fertile ground is made up of an increasingly refined consciousness that allows us to have a continuous assessment of the circumstances even under the pressure of action.

Psychology of Excellence offers the techniques to refine our mind to the extent that it leads us to an elevated form of consciousness. From there it is possible to align ourselves with reality and create prosperity and success for ourselves and others.

The program is offered in three levels of intensity. Each level is structured in 3 modules à 3 days over a period of one year. At the basic level the only requirement is a daily dedication of 11 minutes of personal practice.

## Contents

Psychology of Excellence is created to gain self-awareness, go through a process of self-improvement and reach self-mastery.

### Central Aspects of the Training

#### I Myself

- Manage stress and raise energy levels
- Focus, intuition and applied intelligence

#### Training my Mind

- Diagonal problem solving, the art to sense reality and foresee the future
- The process of vision, mission, strategy and the energy to do it

#### Me and the Others

- The art of successful communication
- The art of trust-based relationships

#### Me and the Corporation

- Increasing the effectiveness of management and team work
- The anatomy and physiology of a healthy corporation

#### Selection of Topics

- Mind of the leader
- Rewiring the neurofunctional pathways
- Accessing the full potential of mind and brain
- Stress-free zone
- Managing energy instead of time
- Power of intention, word and action
- Art of creation and deliverance
- Art of conscious communication
- Art to sense the reality and to foresee the future
- Art of planning for business & life through intuition
- Cycle of success: Proportion, dimension and balance to be successful
- Consequences of being successful
- Circle of success: The legacy to deliver in order to maintain success
- 5 principles and 10 secrets of success
- 8 elements of excellence
- 8 faculties that make a leader a conscious human being
- 9 basic practical aspects to deal with the dynamics of life
- 10 laws of prosperity and maintaining prosperity in adversity
- Electro-magnetic field: The attractive, charismatic, noble and majestic leader