



"Quick Tips- Critical Keys to Peak Performance"

by Luis Valdes, Ph.D.

The critical combination = winning behavioral traits + personality attributes

The following are critical keys to peak performance within successful organizations. Are your leaders displaying these traits and characteristics?

OFF THE BENCH: WINNING BEHAVIORS

HIGH LEVELS OF SUCCESS

- The ability to achieve greatness beyond what was expected of them

SUSTAINED PERFORMANCE

- The ability to attain a championship level time after time

MAXIMIZATION OF TALENT

- The ability to extract the most out of their talent

WHOLE BIGGER THAN THE PARTS

- The ability to achieve more than what others with comparable talent can achieve.

MAXIMUM TIME "IN THE ZONE"

- The ability to sustain their effort for long periods of time (often times with perception of appearing easy!)

FAST-FORWARDING SKILLS

- The ability to anticipate where the ball, their teammates and their opponents are going to be

PERSONALITY AT ITS PINNACLE

PERSEVERANCE

- “Failure is not an option” mental approach
- The ability to persist through difficulties
- Acceptance of criticism
- Determination

TENACITY

- A willingness to “pay the price” through various personal sacrifices
- The toughness to ensure pain, suffering, and hard work
- Fearlessness and control of emotions

CLEAR, UNWAVERING GOALS

- High standards and expectations
- A commitment to perfection
- A consistent focus on the end result

WILLINGNESS TO PRACTICE

- The ability to spend the necessary amount of time mastering their craft
- Continuous improvement mentality

ABILITY TO DEAL WITH ADVERSITY AND FAILURE

- Extreme strength and emotional resilience to tolerate pressure and bounce back from setbacks
- Willingness to explore the unknown

August 2007