

INCREASE PERFORMANCE WITH TOPICS THAT MATTER



CULTIVATING GROWTH MINDSET

Mindset drives performance – and we can CHANGE it.

Mindset is one of the most powerful drivers of performance at the individual and organizational level, but is **often dismissed as a “soft skill.”** Fortunately, there are reliable ways to change our Mindset – and help others do so, too. Not only do these Mindset shifts improve performance – they enrich our relationships with the most important people in our personal lives as well.



UNLOCKING THE POWER OF HABITS

Habits make or break us – and we can master them.

Habits make up **nearly 50% of the actions we take every day** – so it’s critical to ensure that they work for us rather than against us. Learning how to establish and sustain good habits – and reduce or eliminate bad habits – increases our performance, improves our health, and enhances our relationships.



MASTERING DIFFICULT CONVERSATIONS

Make hard conversations easier – and more effective.

Difficult conversations cause tremendous friction and stress in organizations and relationships. Whether attempted or avoided, **they make everything harder than it has to be.** But we can learn to master difficult conversations – and even prevent them from becoming difficult in the first place. We can achieve better outcomes – with less pain.

The three sessions listed here are a sample of the topics that Dr. Meceda has addressed with clients around the world over the past 25+ years. Many other topics are available as well, so please ask if you have something else in mind.