



Hilevel Hawaii (HLH)

GED



The HiLevel Core Group

A small group (4 to 8 people) that shares a common bond to a specific team, family or business. They are dedicated to building stronger bonds, resolving issues (make it pono), increasing leadership, and improving individual and team performance.

The Process

Phase One: Individual Performance Profiles

The MBTI and the performance model HiLevel has developed provide each participant with the awareness needed to perform at their best, recognize their strengths and weaknesses, and

settle down to be more present. **Reflection:** The performance profile can help you maximize the way you process information and make decisions under pressure.

Phase Two: Core Profile

The core profile provides the awareness for everyone involved of the need for leadership, support and increased intensity, attitude adjustments

and specific focus/feelings. **Reflection:** Knowledge of the core profile helps facilitate better communication among all stakeholders.

Phase Three: HLH:GED

Gratitude: Provides the why — the inspiration to work hard, seek and accept feedback, learn from substandard performances or losses, and experience growth.

Excitement: Provides the energy to embrace challenges, find joy/ value in your efforts, execute the plan and complete the process.

Devotion: Provides the structure to battle, to be competitive when it counts most, perform with enthusiasm, express passion, and be satisfied with the outcome.

Reflection: The GED process allows you to celebrate hard work and achieve desired results that add to the quality of your life.

Phase Four: The HiLevel Tools

Performance breathing: Provides the ability to settle down, be aware, prepare and execute under pressure.

Mindfulness: The mindset that allows you to operate at acceptance, be positive, and be physically engaged.

Focus: The ability to combine specific

thoughts and feelings to form and maintain a narrow-focus, concentrated effort or a broad-focus, reflective mood.

Reflection: The HiLevel tools can be fully integrated and become an essential part of your ability to stay open and operate with integrity.

Phrase Five: The Mental Fitness

The Pause: The time it takes you to adjust your attitude, intensity and/or focus in order to give your best effort.

Execute: The confidence to know that you have the energy to complete each moment with the proper form and desired level of intensity in practice and in competition and recover from your efforts.

Pay attention: Monitor the quality

of your thoughts on a regular basis. The confidence to perform at your best and excel is consistent with how you talk to yourself in the moment. **Reflection:** Mental Fitness provides the clarity of what you want to achieve and when, the awareness of what you need to do and how and the discipline to follow through on what you say you will do to make it happen.

Phase Six: Completion

A final debrief session to establish and record the level of fun/value, satisfaction, success and growth experienced by the core members.

Feedback: Evaluate the effectiveness of the material presented and the over-all process experienced by the core members.

Emphasis: Establish future process goals and expectations and carry-over value. **Reflection:** The HiLevel core group offers an experience in how to work hard, operate at acceptance and be part of a cooperative effort. The work comes back to you in the form of pleasure, satisfaction and success.

The Power of Core

The power of the core group experience to effect change is real. At times, it can even feel magical, particularly when a team or player goes from toxic to collegial, from selfish to self-aware, and from inept to polished. In the years that I have led core groups, I have seen a wide range of amazing transformations. The source of this magic is the power of peers to influence each other, the power

of acceptance to overcome resistance, the power of gratitude to overcome the temptation to be the victim. **Reflection:** Fire and passion expressed in a positive manner are intoxicating when experienced in a team setting. The feelings of trust and support can inspire individuals to have break-out performances to when the team needs it most.

Coach Brad Yates and the HiLevel Core Group

Brad Yates has developed his successful HiLevel Core Group process through nearly four decades of practical experience.

He has worked with athletes at the high school, college and professional levels, as well as with business and corporate groups. Brad's clients include nearly all of Hawaii's private schools, collegiate football programs at Georgia Tech, the University of Alabama and the University of Kentucky, and the men's basketball program at the University of Hawaii. Hawaiian Islanders

Arena Football, UBS Financial Services Hawaii, Cadinha & Company LLC and Diamond Head Children's Dentistry.

His methods use MBTI evaluation and the formation of core groups to produce advanced levels of trust, cooperation, gratitude, excitement and devotion that lead naturally to enhanced performance by teams and individuals.

The HiLevel Tools and Techniques — including performance breathing, mindfulness and focus — have helped numerous teams and individuals raise their performance to the highest level.

The Power of Core: My personal experience

In 1962 I played football at Georgia Tech. We played both ways. I was an inside linebacker/offensive guard. The first team was star-studded. On the second unit, we were a bunch of no-names that played really well together.

I played behind Rufus Guthrie, a consensus first team All-American. We shared equally in playing time. We often outplayed the first unit. While they made the spectacular plays, we were living proof in the power of trust and cooperation. In the biggest

moments, we had players come through with enormous contributions.

Reflection: The next year I started, and the experience wasn't nearly as much fun. We were missing the trust and cooperation. Hence, the feelings of fun, satisfaction and success were not the same. In retrospect, the year I spent playing on the second unit has been my own driving force in working to help teams experience that same level of trust, cooperation and joy.

That's HiLevel!



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