

## Accelerating Individual & Team Performance with **Mental Imagery**

A one-day workshop with Dr Lydia Ilevleva

**30 March 2012**



**Mental Imagery** is a technique that involves making conscious connections with perceived images and feelings through visualisation exercises. Mental imagery can positively change how the brain disperses chemicals to foster a more positive state of the mind by shifting brain patterns which:

- Optimises decision making
- Unleashes potential & boosts performance
- Increases skill & goal attainment
- Reduces stress and anxiety

‘Accelerating Individual & Team Performance **with Mental Imagery**’ is a practical one-day workshop, which draws upon the experience and research of Dr Lydia Ilevleva, a leading executive coach, performance and sport psychologist. Lydia's pragmatic approach provides individuals with strategies for generating better self-images, capitalising on strengths, sustaining positive change, and increasing capacity to pursue their potential, as well as supporting others to accelerate their performance. This pragmatic workshop draws upon evidence based practice and insights from neuroscience, as well as health, performance and positive psychology. Participants will be guided through case studies, and have the opportunity to practice and discuss ways to apply imagery strategies to support current professional and personal goals.

Outcomes:

- Apply mental imagery to increase the **effectiveness of decision-making**.
- Apply mental imagery to facilitate implementation of **business strategies and change**.
- Apply mental imagery to support the attainment of **personal and professional goals**.
- Utilise links between perception and mental imagery to **accelerate the development of self and others**.
- Understand the role of mental imagery in **influencing perception, feelings and behaviour**.

What participants have said:

*"I feel more confident now in 'pushing' techniques in the workplace in terms of performance"*

*"Great reflection and consolidation of skills and processes"*

**Where** The Channel Group  
Level 9, 17-19 Bridge Street  
Sydney

**When** Friday 30 March 2012, 9am – 5pm

**RSVP** By 23 March 2012 to Glynnis Perrin [gperrin@channel.net.au](mailto:gperrin@channel.net.au) or telephone on +61 2 9221 0008

**Cost** Places are strictly limited to 12 participants  
\$495 + GST – includes workbooks, lunch and refreshments