

Introduction

This is a life changing course intended for everyone. As you participate, you will experience wonderful changes inside yourself. When Athlete professional skills have been instilled in team members, they step up to the Super Professional level, work effectively with each other and spontaneously earn the trust and respect of the customer. They also become part of the organisation's culture. To be effective in the demanding environment of modern business you need to be agile, efficient and have plenty of stamina. Managing priorities, balancing objectives and satisfying stakeholders are daily challenges that the business Athlete must meet with ease. The objective of the course is to enable you to be more professional in everything you do – in all aspects of your life.

Outcomes

- You will become a more rounded professional and reach your full potential
- You will understand how best you can contribute to your organization's objectives
- You will be a well organised individual who is a pleasure to interact with
- Become admired for the effective way you perform every interaction
- Improve your business ethics and be more reliable
- Be more trusted by your colleagues and customers
- Manage time and attention – the truth about time
- Lead change – with grace and ease
- Listen to understand
- Get your email inbox down to 0 and keep it there
- Take control of all areas of your life
- Be pro-active

Who should attend?

Everyone wishing to be more professional and effective

The standard package inclusions

Delegates will receive the three reference books on which this course is based, a course workbook (with copies of all slides used and notes for the essential topics to be discussed), the PSP Athlete syllabus, sample exams and the examination rationale (explanation of answers to questions). The cost for the examination is included. Refreshments and a light luncheon are also included.

Duration and Delivery

The course takes place over four weeks using one day a week in which the group get together. The 40 minute exam takes place on the morning after the fourth group meeting.

Evening work and exam preparation

Delegates should plan to spend time during each week (between group sessions) reading and highlighting the reference books – to gain the most from the course. Your greatest value that you will receive, will be determined by your willingness to implant new habits into your working and private lives and persevere with them for the rest of your life.

Pre-course work

Where possible you will receive one reference book and a questionnaire before the course starts. You will be asked to fill in the questionnaire and bring it with you on the first day of the course. You will also be asked to read the first few chapters of the reference book.

Prerequisites

Some basic understanding of business principles

Examination

PSP Athlete Foundation is a forty minute examination performed after the fourth group meeting. It is made up of 50 multiple choice questions. The exam is closed book. The pass mark is 50%.

Renowned reference books used

