

Achieving High Performance During Times of Stress

GoSkills online course syllabus

Skill level

Beginner

Lessons

9

Pre-requisites

No prior experience needed

Video duration

22m

Estimated study time

22m 57s

Instructor

Bill Williams

Introduction

- 1 **High performance takes work**
Are people born high performers?

Recipe for High Performance

- 2 **Meaning of high performance**
What does it mean to be a high performer?
- 3 **Habits of high performers**
The benefits of adopting habits of high performers are powerful.
- 4 **Environment and performance**
How does the environment impact your performance?
- 5 **The right level of stress**
Not all stress is bad! After watching this lesson you'll be able to identify the harm of chronic stress and the beneficial kind of stress: eustress.
- 6 **Managing stress**
Coping with the effects of stress is depending on knowing the different forms of stress you experience.
- 7 **Body and mind performance**
In order to achieve high performance, you need alignment between your body and mind.

8

It's a journey

How do you know when things are going well?

Conclusion

9

Becoming a high performer

Thanks for watching this course!

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