

NextGen Session Seven

Build Your Peak Performance

September 3, 2026

YELLIN GROUP

Your Field Work Review

NextGen | Session Six
Build Your Professional Playbook

KEY CONCEPTS

- Manifesto
- Drama Triangle
- GROW

LAB TESTED

One thing I will try is:

I will try it when:

I will know it's working if:

If I forget or struggle, I will:

My next step is:

I will check in with _____ on _____ by text email call.
Name of partner date circle one

Partner's contact information: _____

Blueprint

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:	Session 6:	Session 7:	Session 8:
Set the Direction	**Adapt to Connect**	**Define Your Signature**	**The Inner Game**	**Build Relationships & Influence**	**Build Your Professional Playbook**	**Build Your Peak Performance Playbook**	**Next Level**
Gain clarity on the cohort, expectations, where we are going, and how you want to grow.	Increase your influence by understanding yourself and the language of others.	Craft a personal brand that reflects your strengths and aspirations.	Master self-awareness, self-management, and emotional agility.	Build trust, influence, and collaboration.	Develop communication habits that drive credibility and success.	Create strategies for resilience, energy, and sustainable growth.	Reflect, refocus, and prepare for what's next.
Triad Call with Coach and Leader	**1:1 Coaching Call (DiSC Debrief)**			**1:1 Coaching Call**			

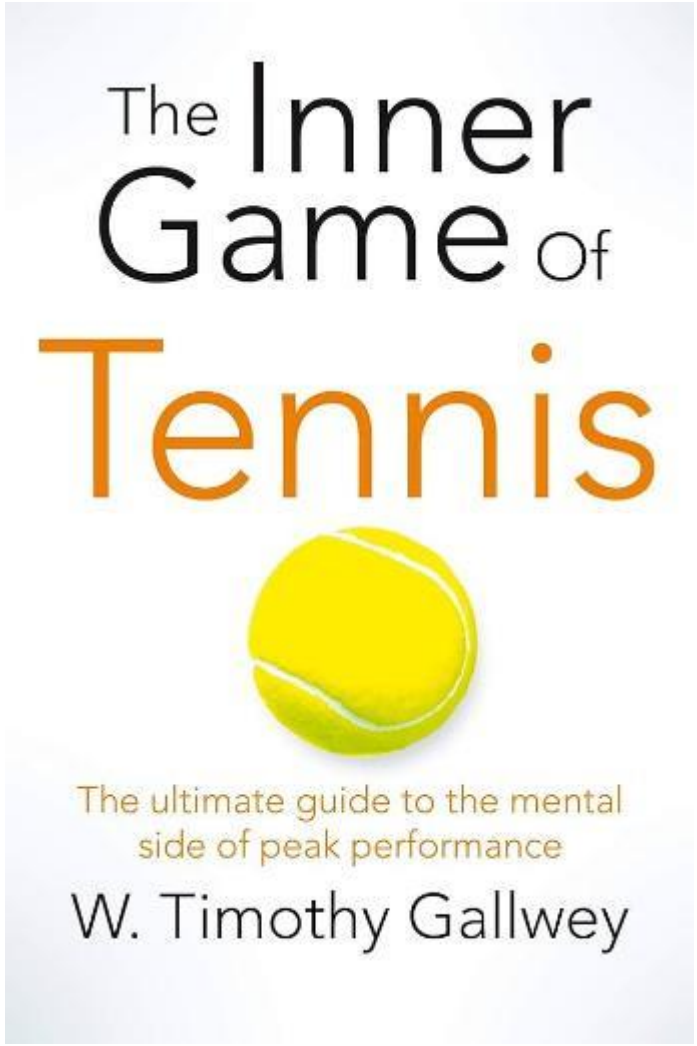
6/4, Thursday, 9:30-11am CST
6/25, Thursday, 9:30-11am CST
7/2, Thursday, 9:30-11am CST
7/16, Thursday, 9:30-11am CST
8/6, Thursday, 9:30-11am CST
8/20, Thursday, 9:30-11am CST
9/03, Thursday, 9:30-11am CST
9/17, Thursday, 9:30-11am CST

AT YOUR BEST!

Think of yourself when you are at your BEST at work, home, community...

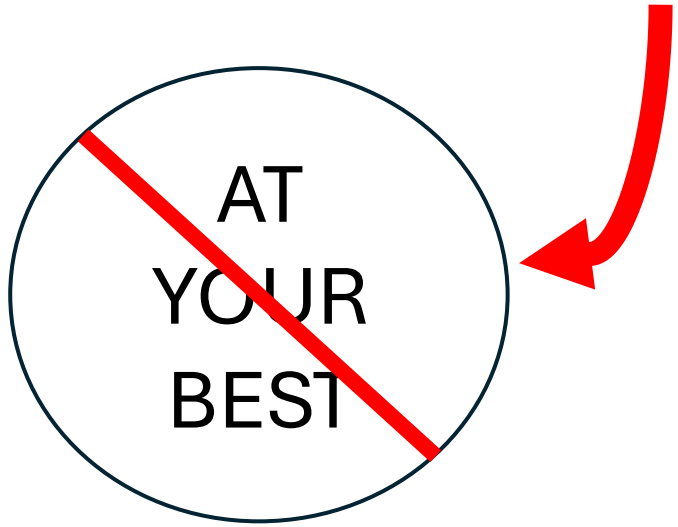
“In the zone”... finding joy...

What words, adjectives, feelings come to mind?



P = p - i

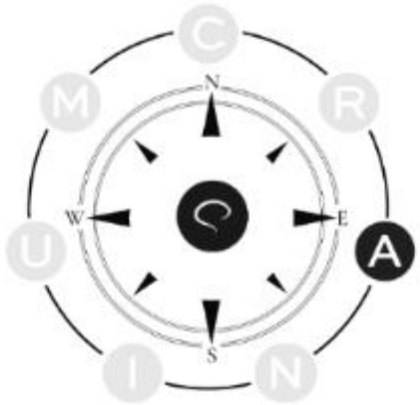
Performance = Potential - interference



Today's Big Question

How are you **allowing** interference to get in the way of your best performance?

THE ACTION STRATEGY



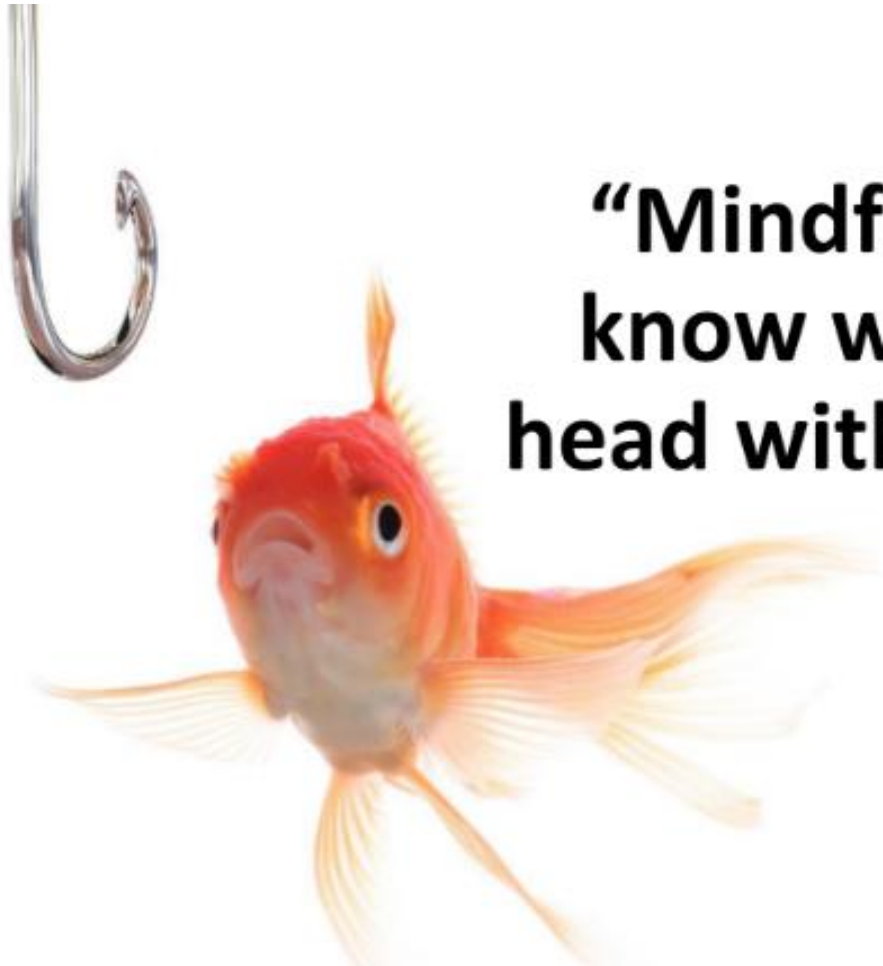
EMBRACE LIMITATIONS. DEBUNK MYTHS.

Peak Mindset

Draft the Story

Prioritize Your Day

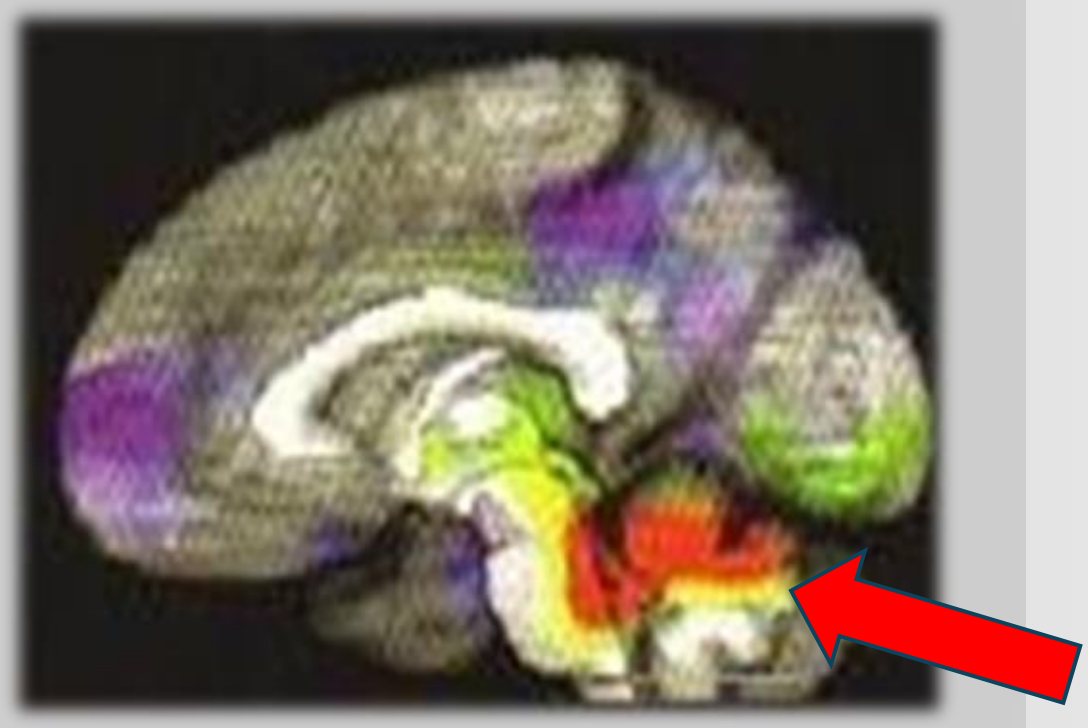
From a THREAT to a PEAK mindset

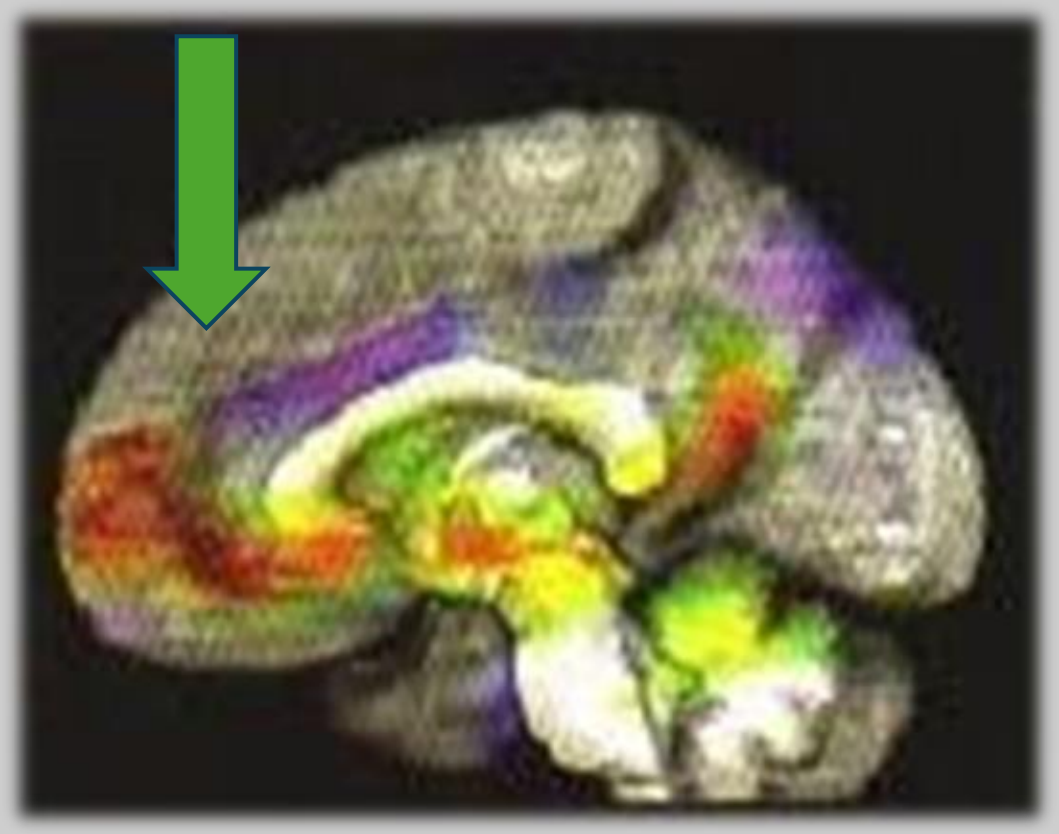


“Mindfulness is the ability to know what’s going on in your head without taking the bait and acting on it.”

-Dan Harris, 10% Happier

FROM THREAT MINDSET ...

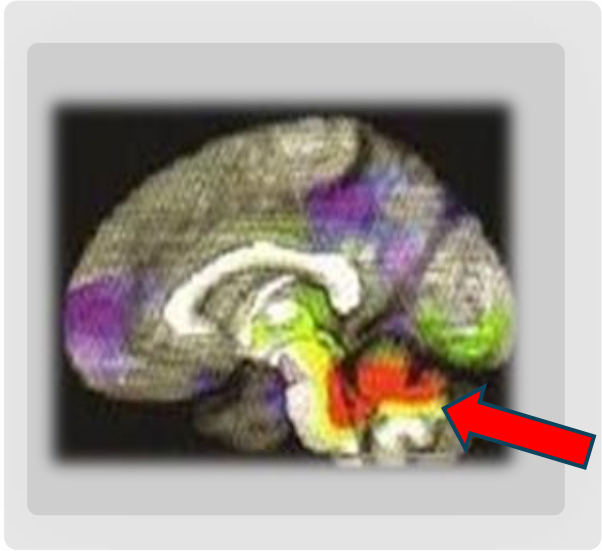




...TO PEAK MINDSET!

THREAT MINDSET'S CONSEQUENCES

- Defensive mode
- Have to be "right"
- Reactive not responsive
- "Simple minded" (either/or)
- Confirmation bias
- Missed opportunities

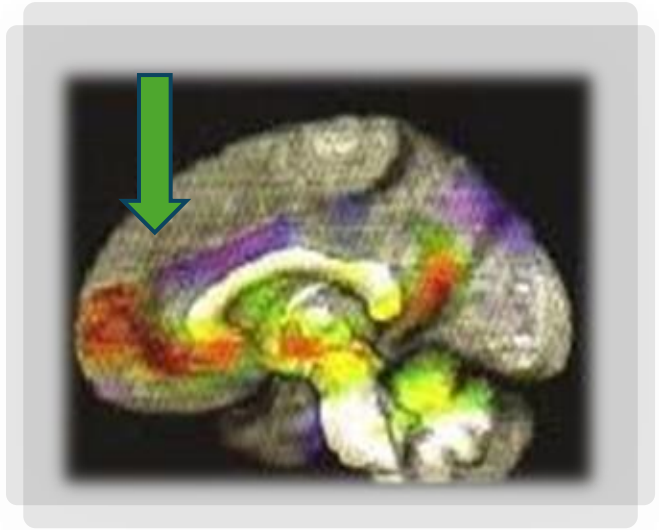


RECALL AND NOTE

A recent situation where you were **not** at your best. Which of these descriptions were true for you?

PEAK MINDSET'S BENEFITS

- Aligned performance
- Increased willpower
- Perspective taking
- Flexible and fluid
- Curious and open
- More creative
- Focused and energized



When did you recently experience these benefits?

What was different for that situation?

Draft Your Story

Your Peak Performance Mindset begins here!





Balance Requires 5 Healthy Supports

Mental
Physical
Emotional
Relational
Spiritual/Inspirational

YOU ARE THE EXPERTS!

In your 5-minute breakout discussion:

- Brainstorm a minimum of 2 ideas to grow and maintain each supporting system
- One person types them up as you go
- Prepare to cut and past your answers into the chat when we return

mindset E story + R = O



YOUR

E + R = O

event response outcome

MINDSET STORY COACH

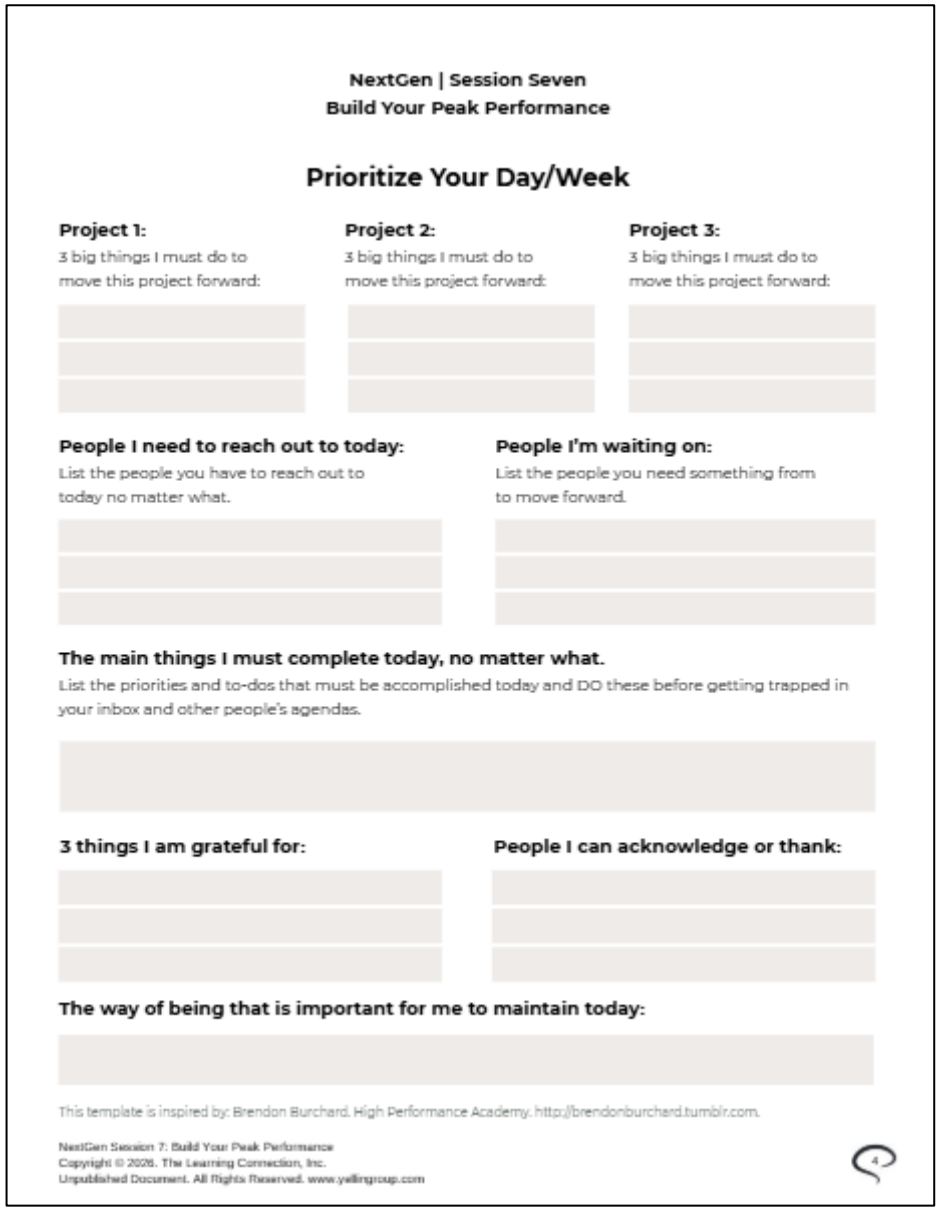
1. What meaning am I giving this?
2. What meaning do I want to give this?
3. What do I know to be true?
4. What is mine to own? (and what isn't)
5. Where do I need clarity for the next step? (who can help?)
6. Does this deserve my attention or my energy?
7. What serves the greater good?
8. How might this be happening FOR me rather than TO me?
9. How do I respond in alignment with who I want to be?

Prioritize Your Day’s Performance

3 Questions to Start Your Day w/Intention

- What can I look forward to the rest of today?
- What has potential to derail/worry me & how will I choose to respond to it?
- How do I want to feel at the end of the day & what do I need to do to make it a reality?





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Prioritize Your Day/Week

Project 1:
3 big things I must do to move this project forward:

Project 2:
3 big things I must do to move this project forward:

Project 3:
3 big things I must do to move this project forward:

People I need to reach out to today:
List the people you have to reach out to today no matter what.

People I'm waiting on:
List the people you need something from to move forward.

The main things I must complete today, no matter what.
List the priorities and to-dos that must be accomplished today and DO these before getting trapped in your inbox and other people's agendas.

3 things I am grateful for:

People I can acknowledge or thank:

The way of being that is important for me to maintain today:

This template is inspired by: Brendon Burchard. High Performance Academy. http://brendonburchard.tumblr.com.

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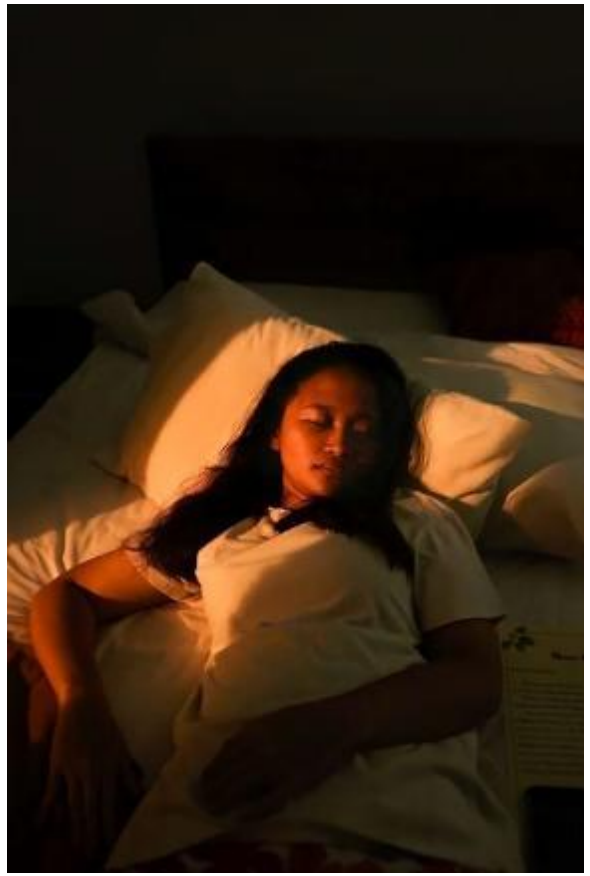
- **Projects** and Next Steps
- **People** (waiting on – reach out to)
- **Priorities** (no matter what)
- **Praise** (gratitudes and thank you's)
- **Presence** (the way of being the day requires)



Energy Facts for Living out Your Day

01 Your brain burns 20% of the body's energy at rest

02 Your brain runs on energy

03 Decisions burn energy

04 Stress depletes energy

Identify your green-yellow-red zones

Align your work with your energy.

Protect Your Energy
Use it for your highest-value thinking

- Strategic thinking
- Writing
- Problem Solving
- Innovating
- Difficult Conversations
- New Information
- Decisions

Leverage Your Energy
Use it for execution and collaboration

- Meetings
- Follow-ups
- Administrative Work
- Routine Communication
- Reviewing Work
- Project Management

Respect Your Energy
Use it for recovery

- Breaks
- Exercise
- Walking
- Reflection
- Simple Tasks
- Recovery Activities

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KEY CONCEPTS

- Threat vs Peak Mindset
- 5P Planner
- Green, Yellow Red Energy Zones

LAB TESTED

One thing I will try is:

IDEAS: Mindset Story Coach; 3 Daily Questions; 5P Planning; Aligning Work/Energy

I will try it when:

I will know it's working if:

If I forget or struggle, I will:

My next step is:

I will check in with _____ on _____ by text email call
Name of partner date circle one

Partner's contact information: _____

LET'S



GO!!!