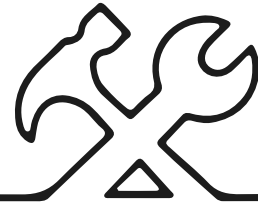


Performance Psychology

A Mental Resilience Toolkit from CCL and Fred Funck



Performance psychology enables us to reclaim control over what controls us, and boost our productivity in chaotic environments. Make use of this toolkit to 'reclaim control, and find your flow'.



Reclaim control Techniques to enhance time management and productivity are pervasive and yet chaos and confusion still reign in the work place. Pressure and adversity don't have to be organizational predicaments; they may even become our greatest allies.



Find your flow Performance psychology offers a set of tools and strategies that increase control, confidence, resilience and agility. The outcome? – we start to enjoy the ride, combat work fatigue, and turn complex strategies into results that matter.

Performance Psychology

Watch IEDP's webinar with Frédéric Funck on how to 'Reclaim Control, and Find your Flow' – for you and your team.

[WATCH THE WEBINAR](#)

Pyramids of Mental Resilience

Fred Funck's 5-level pyramid to build your mental resilience – with exercise questions to embed your learning.



[OPEN THE LEARNING TOOL](#)

The Psychology of Resilience

CCL's Frédéric Funck on how performance psychology can help you build the mental resilience to release your full leadership potential.

[READ THE ARTICLE](#)

Find out more

If you would like to know more about how Fred and CCL Coaching can help you and your organization, please visit the website

[WEBSITE](#)