



**THE MINDSCIENCE OF:-  
\* Maximum Human Performance \***

**EXECUTIVE WORKSHOP**

**General Structure**

2 x 8 hours or 4 x 4 hours (4 Sessions)

**Day 1:**  
(8:30 for) 9:00am Start  
5:15pm Close

**Day 2:**  
9:00am Start  
5:00pm Close

4 sessions per day. Break morning and afternoon plus lunch.

**Goal: To create beneficial change through new knowledge, breaking of old mental models and integration of a new world view.**

**Day 1:**

**Session 1 – Information Base**

There is so much said about being creative, being successful, being valued, being whatever. We have lost sight of what it is to being human. There are simple aspects of how a human being responds to the environment. On the simplest level human beings need to feel 'safe'. What does that mean? How are we affected? What can we do about it? This is knowledge we truly need. Learn how the body works, how the mind works and how you can recognise these workings simply in how people behave. We will examine a fascinating mutation called Homo Economicus.

**Session 2. – Practical Application**

Every burst of new information needs to be put into the context of day-to-day experience. This is done through role play and scenario performance as well as action directions from the participants.

**Richard Hill contact:**  
[richhill@iinet.net.au](mailto:richhill@iinet.net.au)  
0414 585 903  
PO Box 124, Gordon  
NSW 2072  
02 9498 1997  
[www.richardhill.com.au](http://www.richardhill.com.au)

### **Session 3. – Practical Expression**

Once new information is learnt and integrated it is possible to introduce techniques that can trigger these positive processes. Brand new techniques will be shared that can be used individually and in groups as well as be applicable to work and personal life.

### **Session 4. – The Brain-Body Connection**

There is a strange history of belief that our brain and our body are not really connected. Clearly this is not true. Just look! There is also an idea that we can do lots of our things to our body and we can override this with will power. Also not true. We need to understand what it means to be the elephant with a rider. What we eat, what we do, how we feel all act together to determine what chemicals our body produces and what systems we bring into action. Turning our system off is much easier than you would like, but so is turning it on. Understanding how this works gives you the opportunity to make the best choice.

### **Day 2:**

#### **Session 1. – Rigidity – Chaos - Harmony**

As explained in my book, the HARMONY process is a rapid method to help understand how to create health, wellbeing, energy and progress in life. More than just the pursuit of happiness, it is the establishment of a foundation that allows for expansion into possibility.

#### **Session 2. – Practical Integration**

New information is, again, integrated and acted out to make it real for our day-to-day experience.

#### **Session 3. – Evolution**

The essence of what we have been learning is that when elements combine there is an irresistible urge for new things to be created. Already ideas, suggestions, snippets of possibility will be emerging from this creative process. A little fast tracking here will allow the process of evolution through beneficial change to reveal all kinds of marvels.

#### **Session 2. The 4 Stages of Action and Resolution.**

After 2 days of information, activation and integration we are in a position to understand the process that underlies all of this. By leaving this information to the end you will see how the theory expresses itself. When we encounter something new it is always problematic: something has to be understood, absorbed and made purposeful. This is a natural process of being human. If we understand this process, changes occur in the way we approach the things we call problems and difficulties. In fact, once understood, problems and difficulties change into something different, something more manageable and personally stimulating.

#### **Personal Development Workouts: 4 x 1-2 hour**

#### **Where are 'you' in the picture?**

- 1. The Location of Control**
- 2. The Location of Benefit**
- 3. The Location of Harmony**
- 4. Your Location of Self**

Each of these presentations examines one of the major elements of self-esteem, reward, value and worth. By looking at these questions in relation to a common and relevant 'experience' of life (business, personal, social), the answer of where you are in the picture reveals itself. This relies less on the individual's opinion about themselves and their status, which we know from research is something we are very poor at predicting accurately. Once we reveal where we are in the 'picture', we are able to find how to get back to the centre (or maintain being in the centre). This is done using the skills learnt in previous sessions, personal skills from life experience and new techniques developed for this program.

### **Ongoing Development**

It may be true to say that we need regular and persistent motivation and inspiration. A purpose of this program is to shift the process of motivation from needing an external source to a greater capacity to self motivate and self inspire. Having said this, follow-up sessions to maintain the benefits of the program and to stop reversion to old, bad habits can be arranged.

## WORKSHOP – General Detail

★ *Unique material to this course*

**Correlation to  
7 Effective Habits**

**Day 1:**

### **Session 1 – Information Base (9:00am)**

Concept: Stress, mental state and human performance.

Power demonstration

★ The Mindset of Stress –  
Winner/Loser World Theory and Homo Economicus  
8 Differences  
7 Demons

★ The Safe and the Unsafe Life:  
Stability – the constant thread  
Assurance – outcome/result  
Financial stability – social administration  
Engagement – not just networking, but connecting  
Trust – the acceptance of peripheral dangers  
Yes – positive anticipation

**5. Seek First to  
Understand Then to Be  
Understood**

**Break – 10:30-11:00 am**

### **Session 2 – Practical Application.**

Reciprocal Altruism – creative interaction.

★ New technique: The Problem is a Message – eg walking/breathing fast.

**1. Be Proactive**

**LUNCH (12:30pm – 1:45pm)**

### **Session 3 – Practical Expression (2:00pm)**

Concept: Mindset - creating brainscape - creating behaviour and *vice versa*

The 8 Differences in action:

Exclusion / Inclusion

Exercise: secret message

Events / Opportunity

Exercise: power play using past errors.

Instruction / Information.

Exercise: exact replication

**2. Begin with the  
End in Mind**

Competition / Inspiration.

Exercise: scarce resources

Result / Outcome.

Exercise: start again / carry on

Probability / Possibility

Exercise: impossible problem resolution

Transaction / Interaction.

Exercise: drip feed / open hand

Arrogance / Confidence.

Exercise: bluffing



New technique: Arbitrary Mind Maps

**Break – 3:30-3:50pm**



**Ultradian pause technique 3:50pm**

**Session 4 – The Body-Brain Connection (4:00pm)**



**Brain Food – the glucose story**

What you eat and why you eat it. Do you eat like a human being or homo economicus?

**Close – 5:15pm**

**Day 2:**

**Session 1 (9:00am) – Rigidity – Chaos - Harmony**



The 7 elements of HARMONY

Concept: the complex nature of harmony.

Exercises: Position game – alteration effect.

Happy

Practical expression: role play

Able

Practical expression: skills test

Receptive

Practical expression: listening

Mindful

Practical expression: video

Open

Practical expression: improvisation

Nascent

Practical expression: positive anticipation

Yes

Practical expression: kinesiology

**6.Synergise**

## **Break – 10:30-11.00am**

### **Session 2 – Practical Integration**

Concept: Harmony – Flow – Integration – Impulse

Flow –

There is a clear challenge that fully engages your attention; you have the skills to meet the challenge; and you get immediate feedback about how you are doing at each step. Each satisfying step gives you a repeated flash of positive anticipation. Conscious thought and automatic processes are in perfect harmony.

**3. Put First  
Things First**

Practical expression – simple game with rewards / punishment / disturbance

Integration –

Elements come together to produce something greater. This can occur in the individual brain or in the group brain. Common mindset can bring these seemingly disparate elements to function collectively.

Practical expression – groups seek to achieve a task unachievable by just one person.

Impulse –

Acting without pausing for considered thought: following the gut instinct and/or the ‘blink’ response.

Practical expression – rapid fire choice flip chart

Use of learnt techniques: Arbitrary mind map, the problem is a message etc.

## **LUNCH (12.30 – 1:45pm)**

### **Session 3 - Evolution (2:00pm)**

What new ideas are emerging from the work so far?



New technique – What Can I Create From This?

## **Break – (3.30-3.50)**

### **Ultradian pause – (3:50-4:00pm)**

## Session 4 – The Underlying Theme (4:00pm)



The 4-stage creative cycle.

**7. Sharpen the Saw**

Concept: Innate human performance cycle.

How we process information and experience.

When to expect difficulty, breakthrough, creativity and consolidation

Effect of negative scripts, imprinting, perfectionism on performance

Examples: reflections on the day so far.

Exercise – optical illusion; satisfying an unknown want; the penny drops; finding objects.



New technique: 2 hands – description and demonstration.

**Close (5.00pm)**

\*\*\*\*\*

## **FOLLOW UP Personal Development Workouts**

**Locus – definition: The centre or source in regard of activities or power**

4 x 1.5hr Sessions

### **1. Locus of Control**

Concept - dominance

What does ‘control’ mean?

Can you be subservient and in control at the same time?

How are decisions made and can they be manipulated?

What is Body Language?

Exercises: decision making – confirmation bias / cost sunk fallacy / freedom of choice fallacy.

## 2. Locus of Benefit

Concept - reciprocity

What is being gained by each and every person involved?  
Who is winning and can this change rapidly?  
When is perception unchangeable?  
How does perception affect the sense of benefit?  
What control can you have over someone else's perception?  
How do you manage barriers of unalterable perception?

Exercises: illusion image – dots; delayed benefit;

## 3. Locus of Harmony

Concept – creative interaction

Are the 7 elements of HARMONY satisfied for each person in the room?  
Are there sub-groups/alliances/associations and are the 7 elements satisfied?  
Is the entire group engaged and are the 7 elements satisfied?  
What elements are unfulfilled and what can be done?

Exercises: back bracing; real life scenarios;

## 4. Locus of Self

Concept – nature / nurture

What is the self and what has that got to do with being you?  
What/who is the motivation behind your actions?  
How do you make a prescribed system an expression of yourself?  
What is the purpose of life?  
Why do whatever it is you are doing?

Exercises: 8 questions –

1. What is the action?
2. What do you think of the action?
3. Who is responsible?
4. Who wins?
5. Who loses?
6. What will happen at home tonight?
7. When do you give up the effort?
8. Where do you redirect the energy?

**Richard Hill contact:**  
[richhill@iinet.net.au](mailto:richhill@iinet.net.au)  
**0414 585 903**  
**PO Box 124, Gordon**  
**NSW 2072**  
**02 9498 1997**  
[www.richardhill.com.au](http://www.richardhill.com.au)