

Peak Performance for Life Series
Grandview Heights
2008-2009
Christopher Stankovich, Ph.D.

Goal Setting, Focus, and Concentration

October 21, 2008 at 7:30 PM in the GHHS Auditorium

Students will learn:

- The importance of goal setting, and how research shows goal setting is directly correlated to maximum human performance
- Goal setting basics, including process versus outcome goals; setting specific, measurable, realistic goals; and how to set up “goal ladders”
- How focus impacts performance, and the consequences of having too broad or too narrow a focus on tasks
- How to distinguish between relevant and irrelevant “cues” when it comes to focus and concentration

Stress

November 19, 2008 at 7:30 PM in the GHHS Auditorium

Students will learn:

- Stress basics, including the difference between acute and chronic stressors, as well as eustress and distress
- The three factors most closely associated with overcoming stress (and developing resiliency toward future stress)
- Healthy & effective means for coping with stress
- The importance of personal control and developing a healthy optimal balance when dealing with stress

Athletic Transferable Skills

January 7, 2009 at 7:30 PM in the GHHS Auditorium

Students will learn:

- What athletic transferable skills are
- How athletic transferable skills increase self confidence and self esteem
- Practical ways to use athletic transferable skills in the classroom and future careers
- How to learn new ways to use athletic transferable skills to help with overall personal wellness and success

Communication & Conflict Resolution

February 11, 2009 at 7:30 PM in the GHHS Auditorium

Students will learn:

- The basics on how to communicate effectively with others
- Active listening skills and how they improve interpersonal relationships
- Body language and attitude projection – and how both can send powerful messages (good and bad)
- Tips for successfully resolving conflicts and how to arrive at win-win decisions

Leadership

March 18, 2009 at 7:30 PM in the GHHS Auditorium

Students will learn:

- Important traits developed in successful leaders
- The leader-follower dynamic and how both are equally important but play different roles
- Practical applied skills aspiring leaders can develop to improve their leadership abilities
- Problems that often occur in groups – especially social loafing, groupthink, and other common dynamics that can develop when working with people