

## **John Foley Program Elevated Beliefs and Raising Performance Expectations**

A simple self-reflection on limiting and liberating beliefs can create new alignment and precision in individuals and teams.

Perception is reality. What leaders, teams, and individuals believe drives behavior and a level of performance that mirrors those beliefs. This is true for both the high end performers and the lower end performers. So what is the difference? What separates the best from the rest and what separates the best from the best?

Performance is directly linked to short term beliefs and long term mindset. A leader's mindset and emotional intelligence is a proven critical element of high performing teams. When you evaluate performance in any industry, leadership often is the differentiator above skill and experience.