

John Foley Program High Performance and Culture of Excellence

High Performance is a mindset, a process, and a commitment to a culture of excellence that accelerates everyday performance and achievement.

John Foley is a High-Performance Keynote speaker who has developed a framework that is foundational to high performing teams. High Performance is a journey toward excellence and elevated execution that has the power to carry individuals and teams beyond their expectations.

Elevated choices create elevated results. Making better choices isn't about knowing the future, it's about setting yourself up for success, every single day. Learning from the past is the key to plotting the future. There's no better way to examine the past than through a debrief.

Research has shown the effects of a positive mindset. When our mind is grateful, it changes the way we see the world. It re-centers our priorities, it activates emotions that lead to happiness and it leaves us in a more open state, willing to embrace otherwise unforeseen opportunities. With a grateful mindset, we can see our options and their outcomes more clearly.