

## HIGH-PERFORMANCE HABITS FOR LEADERS

<b>Start Date:</b>	08/06/2026	<b>End Date:</b>	12/06/2026
<b>Categories:</b>	Leadership Development	<b>Venues:</b>	Barcelona
<b>Formats:</b>	In Person	<b>Instructors:</b>	

### OVERVIEW

This course helps leaders build the daily habits that drive long-term performance, motivation, and influence. Grounded in behavioral science, it focuses on intentional routines that shape productivity and leadership impact.

### OBJECTIVES

By the end of this course, participants will be able to: - Identify the habits and routines of high-performing leaders. - Build consistency and discipline into daily leadership behaviors. - Align personal goals with habits for energy, focus, and motivation. - Eliminate distractions and time-wasters with systems thinking. - Model and scale high-performance habits across teams.

### COURSE OUTLINE

1- The Psychology of Habit and Performance 2- Identity-Based Habits and Motivation Loops 3- Energy, Focus, and Time Mastery 4- Building Systems for Accountability and Consistency 5- Scaling Performance Habits in Teams

### TARGET AUDIENCE

All Supervisory Levels, Leaders, senior managers, entrepreneurs, and high-potential professionals aiming to elevate their leadership presence and performance.

### METHODOLOGY

Habit tracking, behavioral science workshops, time audits, peer accountability groups, performance journaling, and systems design labs.

### CONCLUSION

Participants will leave with an upgraded routine and leadership system tailored for sustained high performance.

### DAILY AGENDA

## **Day 1: The High-Performance Blueprint**

Understand how elite performers think and structure their days.

## **Day 2: Habits that Drive You**

Build identity-driven routines that reinforce leadership effectiveness.

## **Day 3: Time & Energy Intelligence**

Optimize your focus and eliminate daily performance killers.

## **Day 4: Systemize Your Success**

Create routines and environments that lock in consistency.

## **Day 5: Scale Your Impact**

Teach and model high-performance behaviors in your team or organization.

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*For more information, please contact us:*

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