Email: info@gatewayconsulting.com | Phone: +96522968641
https://gatewayconsulting.com

HIGH-PERFORMANCE HABITS FOR LEADERS

Start Date:	07/09/2026	**End Date:**	11/09/2026
Categories:	Leadership Development	**Venues:**	Barcelona
Formats:	In Person	**Instructors:**	

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.

For more information, please contact us:
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