Improve your life in 3 steps

face value
PERFORMANCE PSYCHOLOGY

The S3 Programme from Face Value is a 3-step approach to achieving your goals and becoming the person you want to be. Grounded in social psychology and neuroscience, the programme builds on the three core elements of your self-development: **self-control, self-confidence and self-efficacy.**

It's fair to assume that we all want to do our best in whatever we do. We set goals and strive to achieve them, experiencing along the way the ups and downs of trial and error. Some of us give up in the face of adversity. Some of us persevere, overcome the setbacks and triumph. Many of us are hard on ourselves, when what is needed is a little encouragement.

S3 helps you and your colleagues boost your performance by managing your reaction to challenge and pressure, setting flexible expectations about success and failure, and mastering the support you need to achieve your goals. Each step builds on the previous one, and it all begins with learning how to master your self-control.

Self-control	Self-confidence	Self-efficacy
• Face up to your emotions • Anticipate challenging situations • Cope with the situation	• Evaluate your motives • View the wider picture • Action your intentions	• Lay the foundations for success • Underpin your motivation • Embrace feedback objectively

How is the S3 Programme delivered?

- The programme delivery time is 6 hours. It can take place as a one-day event, or as two half-day sessions each of three hours, or in three 2-hour long sessions with up to 4 weeks between sessions.
- Sessions are fast-paced and interactive. It's not death by PowerPoint. It involves talking to people.
- Delegates are encouraged to use Mentimeter to contribute, safe in the knowledge that it's anonymous.
- All the course content is provided in a full-colour workbook that mirrors the presentation slides.
- The workbook contains links to complementary material: no-one needs to scribble down notes!
- Up to 30 delegates can attend each programme.
- E-mail support for delegates wishing to ask private questions out-of-session.
- Each S3 Programme costs £2,999 + VAT for up to 30 delegates (that's less than £100 per person).

www.facevaluepp.com
glenn@facevaluepp.com
+44 (0)7703 486293

Self-Control
Self-Confidence
Self-Efficacy

® The Face Value logo and the S3 logo are Registered Trade Marks of Face Value Performance Psychology Limited.
© 2024, Face Value Performance Psychology Limited.