



TOP 10 TIPS TO GET #READY TO RISE

RISE is a four-step process for self-empowerment and peak performance.

<p>1</p> <p>GET #READY TO RISE</p>	<p>Start by choosing to believe that you - your team or organization – possess the power to RISE.</p> <p>RISE is defined as going to a higher place or increasing in ability, skill, or performance.</p>
<p>2</p> <p>REFLECT</p>	<p>Reflect is all about creating self-awareness around a specific goal or task. You can create self-awareness by asking yourself “what questions” that build a foundation for action.</p>
<p>3</p> <p>QUESTIONS TO REFLECT</p>	<p>Ask yourself questions such as “What can I learn from my past?” and “What do I want to do differently in the future?”</p>
<p>4</p> <p>INSPIRE</p>	<p>External inspiration, or motivation, can be helpful in the short-term. But lasting inspiration typically comes from within.</p>
<p>5</p> <p>QUESTIONS TO INSPIRE</p>	<p>Our internal inspiration can change over the course of our lives, so it’s helpful to revisit our “why.”</p> <p>Looking within and determining “What are we passionate about?” and “What is our motivating factor?” can accelerate our progress to a desired outcome and make the process more fun too!</p>



TOP 10 TIPS TO GET #READY TO RISE

RISE is a four-step process for self-empowerment and peak performance.

<p style="text-align: center;">6</p> <p style="text-align: center;">SUPPORT</p>	<p style="text-align: center;">Support is essential for both building on existing skills and developing new skills.</p>
<p style="text-align: center;">7</p> <p style="text-align: center;">QUESTIONS TO SUPPORT</p>	<p style="text-align: center;">If you're an individual looking to enhance performance, what skill development would have the biggest impact on your performance, and who's the best person to ask for help?</p> <p style="text-align: center;">If you're the leader of a team or organization, what program do you need to create for your own players or employees and where do you need to go for assistance to implement?</p>
<p style="text-align: center;">8</p> <p style="text-align: center;">EMPOWER</p>	<p style="text-align: center;">Self-empowerment is the outcome of the first three steps (Reflect, Inspire, and Support). Self-empowerment is about becoming your own best coach.</p> <p style="text-align: center;">When you put your skills to the test, sometime things go well and sometimes they don't. By building a foundation to RISE, you can confidently address the challenges thrown your way and get yourself back on course.</p>
<p style="text-align: center;">9</p> <p style="text-align: center;">QUESTIONS TO EMPOWER</p>	<p style="text-align: center;">What do I look like, sound like, feel like, and act like when I perform my best?</p> <p style="text-align: center;">What are the typical challenges that knock me, my team, or my organization off my/our game?</p> <p style="text-align: center;">What skills did we develop (step 3) that enable me/us to get our mind, body and emotions back to our best-performance state?</p>
<p style="text-align: center;">10</p> <p style="text-align: center;">CHOOSE TO RISE</p>	<p style="text-align: center;">Choose to RISE! Yes, it's a choice, because every step in the #Ready to RISE process is something each of us can choose to do over time.</p>

Head over to teamaureus.com for more information and resources. All rights reserved © 2019.

