

# Achieving High Performance During Times of Stress

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

9

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

22m

**Estimated study time**

22m 57s

**Instructor**

Bill Williams

## Introduction

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### 1 High performance takes work

Are people born high performers?

## Recipe for High Performance

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### 2 Meaning of high performance

What does it mean to be a high performer?

### 3 Habits of high performers

The benefits of adopting habits of high performers are powerful.

### 4 Environment and performance

How does the environment impact your performance?

### 5 The right level of stress

Not all stress is bad! After watching this lesson you'll be able to identify the harm of chronic stress and the beneficial kind of stress: eustress.

### 6 Managing stress

Coping with the effects of stress is depending on knowing the different forms of stress you experience.

### 7 Body and mind performance

In order to achieve high performance, you need alignment between your body and mind.

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It's a journey

How do you know when things are going well?

## Conclusion

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Becoming a high performer

Thanks for watching this course!

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