



High Performance Leadership Essentials

Human Performance Strategist – Leadership Coach – Imposter Expert

Sarah Debaets

www.rethinkingleadership.be



Creating results in a meaningful way

Where people survive

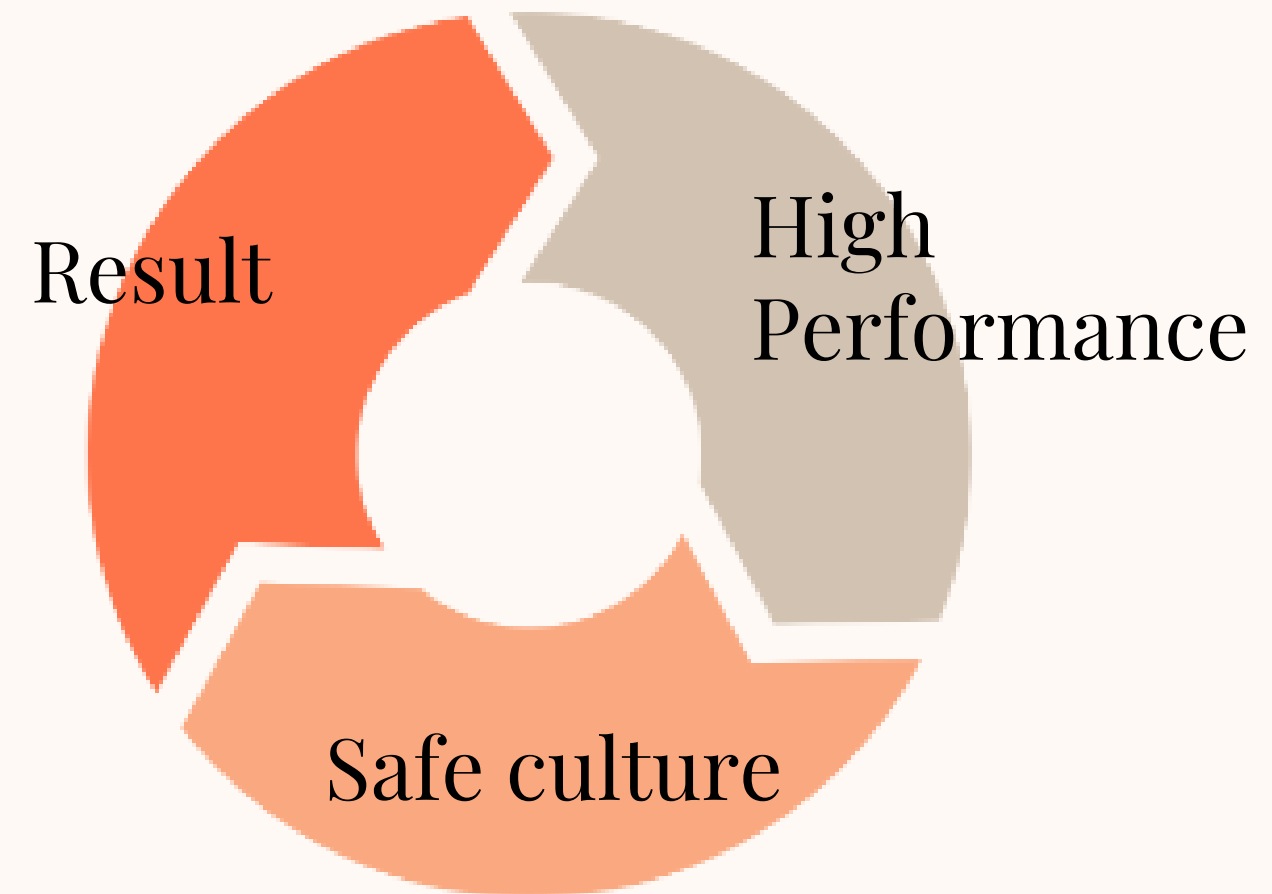
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Delegating
Not having time
Difficulties to disconnect
Balancing operational and strategic work
Lack of mental peace & mental space
Balancing autonomy vs laisser faire – laisser
passer
Getting the best ideas on the table

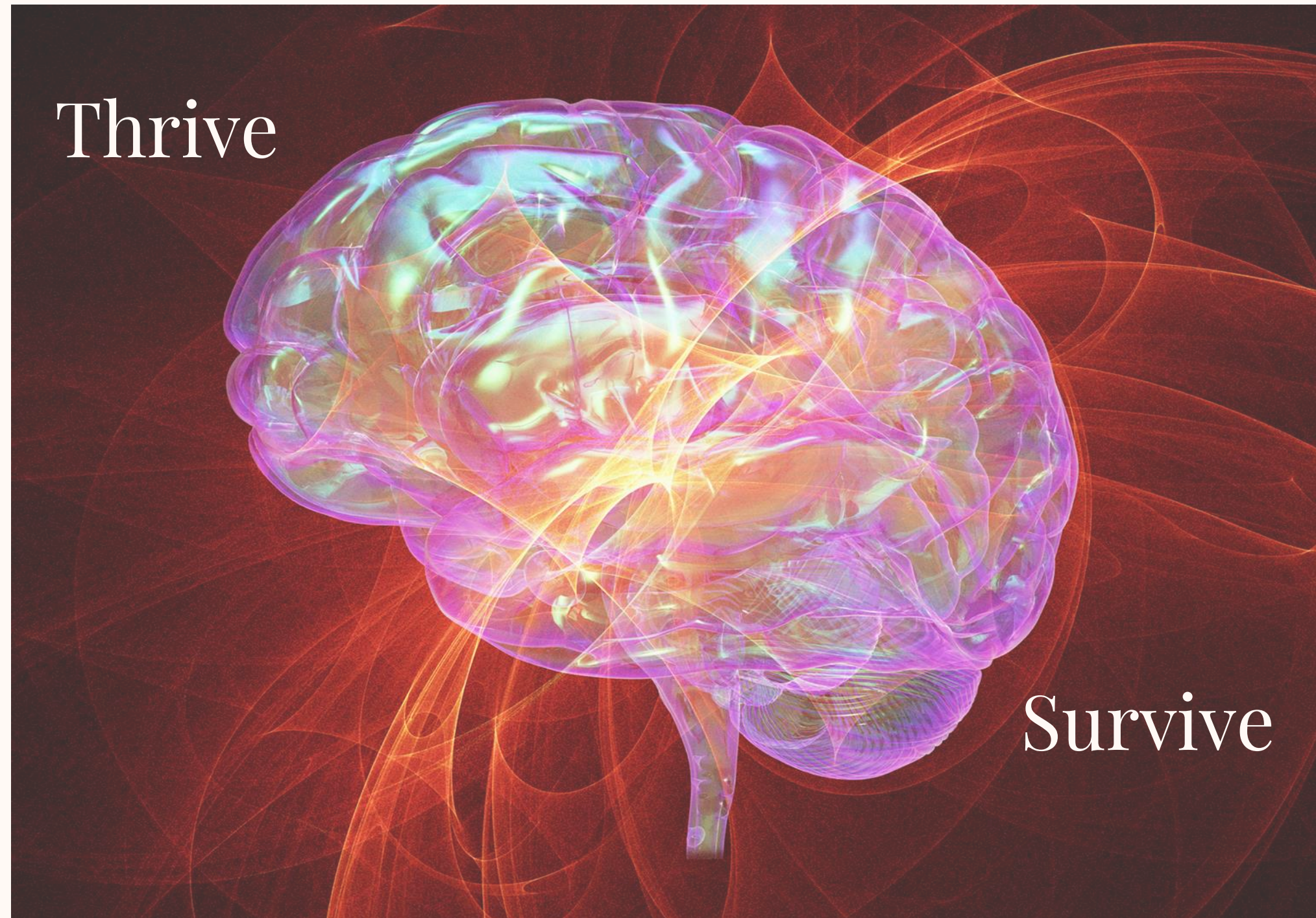


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Where people thrive

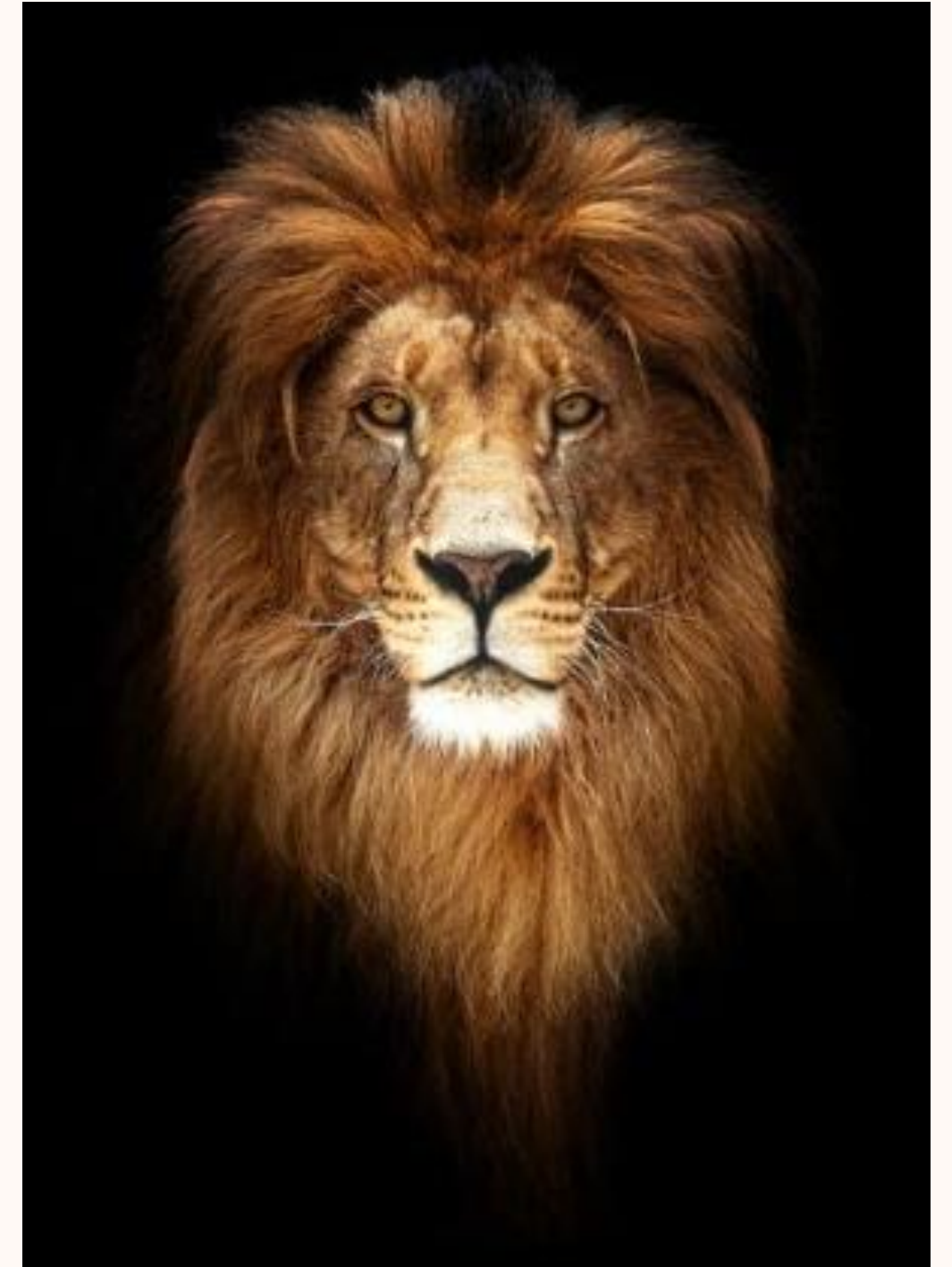


Our beautiful mind playing tricks



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High achiever vs High Performer



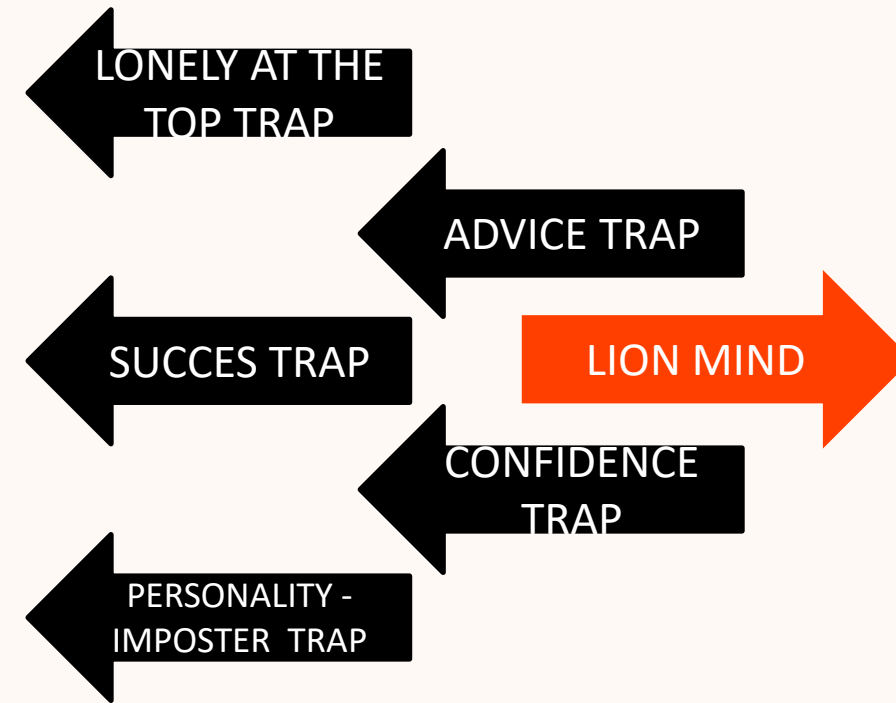
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When you have outgrown winning strategies



Hyper achiever
Anxious Achiever
Intelligent Underachiever

“overwhelm”
“overthinking”
“insight”
“always busy”
“hard work”
“unconscious behaviour”
“socially driven”



High Performer

“piece of mind”
“rethinking”
“implementation”
“effective”
“smart work”
“conscious behaviour”
“self leadership”

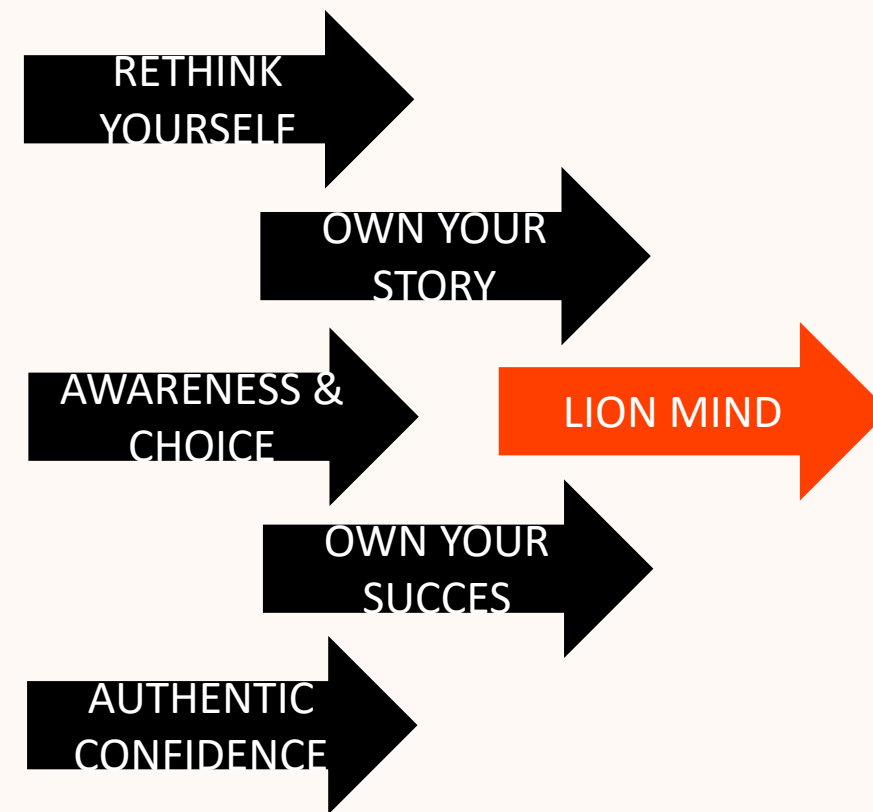
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Change the way you think



Unproductive behaviour with best intentions

- External approval
- “Always on”
 - Basic beliefs, patterns, ...
 - Reaction modus – autopilot
- Behaviour
 - Pleasen
 - Difficulties setting boundaries
 - Working hard
- Avoiding discomfort
- High stress levels



Self steering behaviour with solid intentions

- Internal validation
- High level of awareness – able to shift “emotional adaptive”
 - Create a sustainable leadership rulebook
 - Intentional behaviour
- Behaviour
 - Serven
 - Setting elegant boundaries
 - Working smart
- Comfortable with discomfort
- Calm – present – high self leadership

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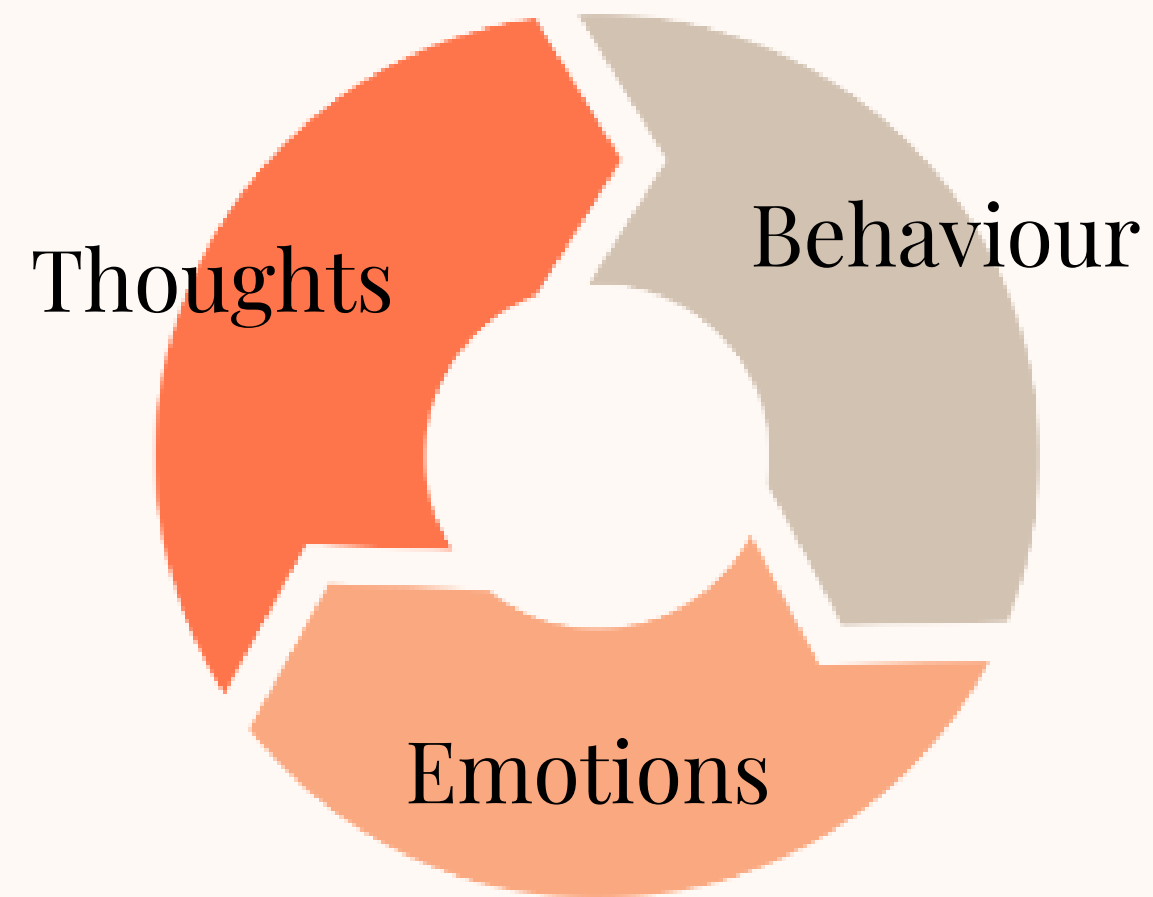
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for sustainable success

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High Performance Essentials



**LIFE is 10% what happens to you and 90% how you
RESPOND to what happens to you**

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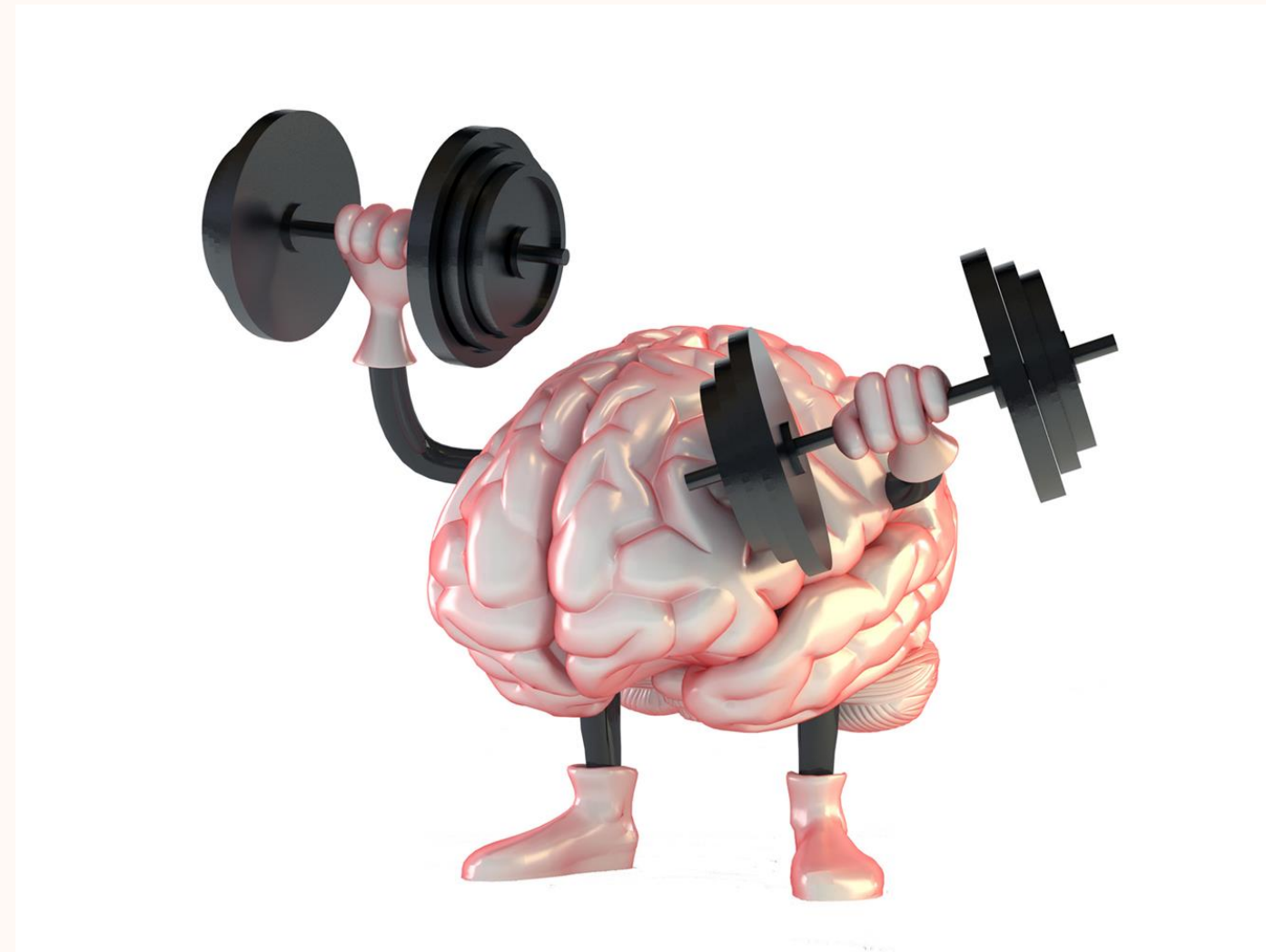
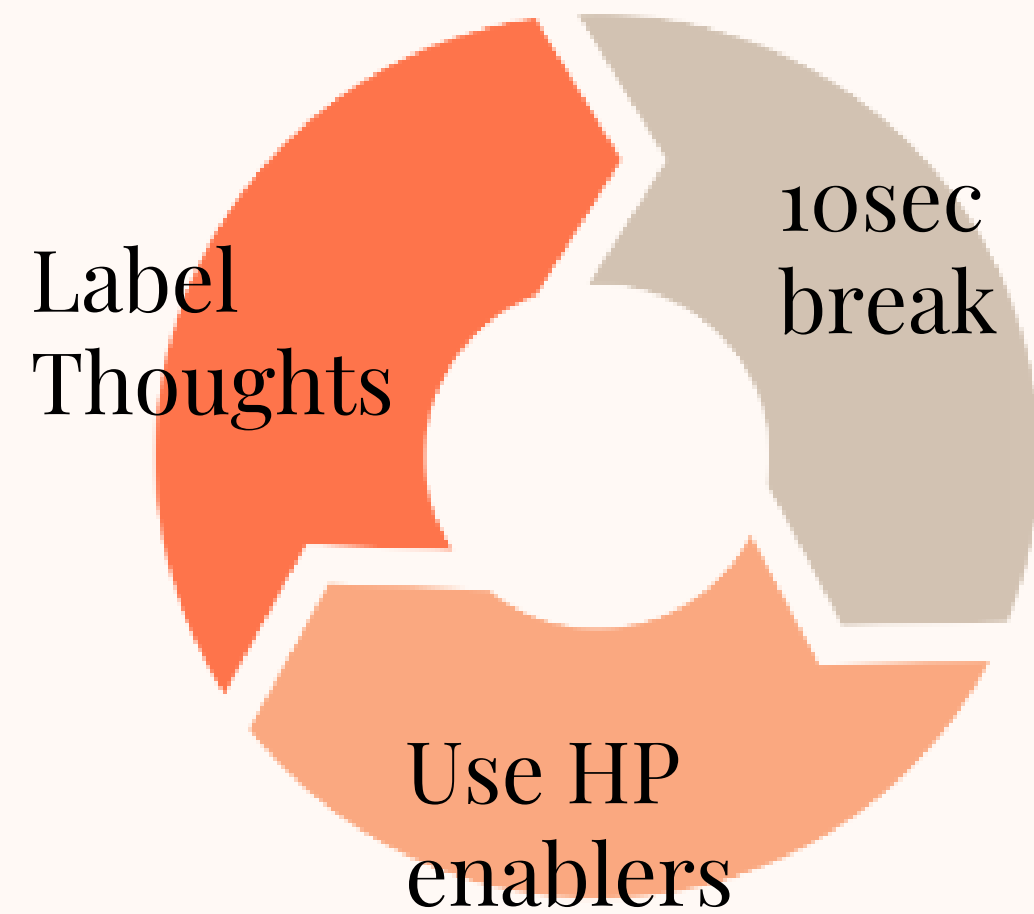
80%
MINDSET

Rethinking You

1. **Waar gebruik je absolute termen zoals “nooit”, “altijd”, ...**
2. **Verander taal intensiteit**
3. **Shift van “waarom” naar “wat”**
4. **Reframe “WHAT IF” statements**



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High Impact Brain Training

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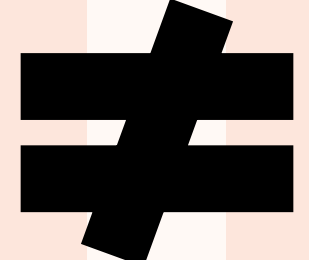
20%
STRATEGY

High Performance Leadership Enablers

High Performers Leadership Saboteurs

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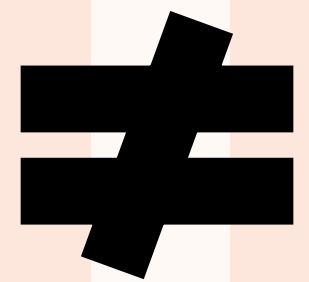
Clarity
Intention
Integrity
Ideas
Authenticity
Decision



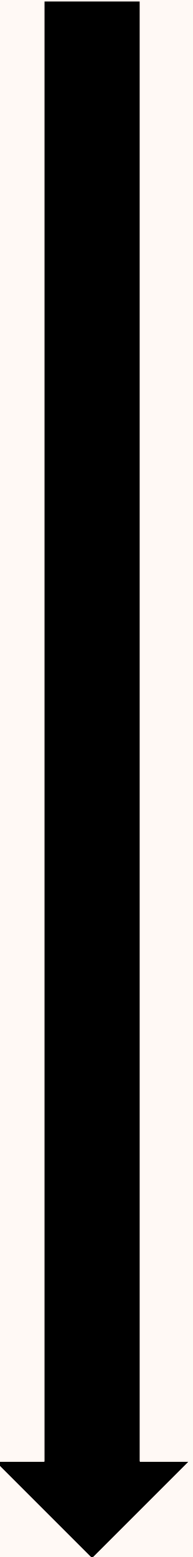
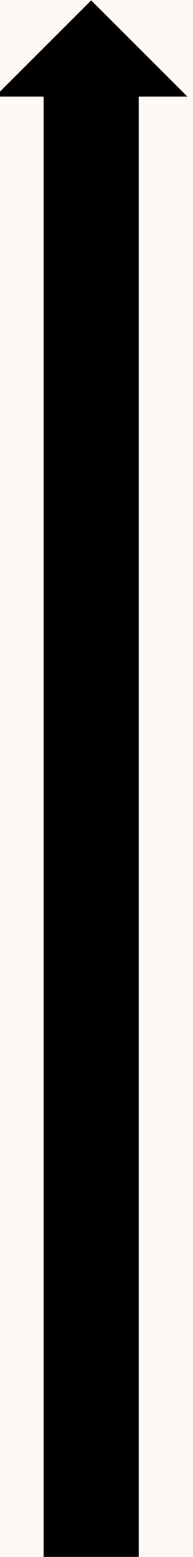
Security
Overwhelm
Tolerance
Doubt
Imposterism
Problem

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Motion
Being able to
Curiosity
Commitment
Serve
Implementation



Action
Being willing to
Control
Trying
Please
Knowledge

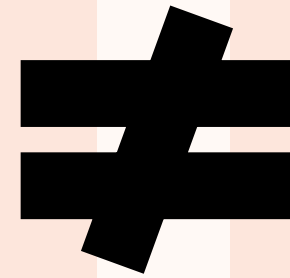


High Performance Leadership Enablers

High Performers Leadership Saboteurs

**E
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L**

**Agility
Defusion
Humble
Love
Courage
Compassion**



**Rigidity
Fusion
Insecure
Fear
Careful
Empathy**

**See the difference
Think Differently
See Reality Changing**

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 LinkedIn



Mail



 Podcast

THINK AMBITIOUS ACT BOLDLY & CALM

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