

GETTING TO ACME

The Secrets of Peak Performance



Accelerated Change Mechanisms of Excellence

ac•me /'akmē/: noun; *the highest point of achievement*
(originating in the 1560's from the Greek word *akme* meaning peak)

ACME is an acronym (accelerated change mechanisms of excellence) coined by Gina Mollicone-Long, to capture a series of modern mechanistic performance models that are designed to help leaders **get to the next level faster and with less effort**. By definition, a **mechanistic model** is one that enables us to understand a complex system by examining the workings of its individual parts and the manner in which they are connected. **ACME** is a foundation upon which any performance technique can be made more effective by focusing on the processes that produce successful results.

Transform your business and personal results by learning how to harness the power of your mind with laser focus and measurable success. Gina's energetic and highly sought-after program delves into the **powers of your mind** and leverages some of the most powerful modern performance techniques available. You will learn the secrets of being unstoppable that are used by many great business people and thought leaders.

This program will focus on teaching you the **ACME** framework so you can be at your peak performance in any situation. It will also give you tools that you can use to help guide and support your team as you move toward success. By keeping your employees focused, positive, engaged and connected, you will be able to remain productive and find opportunities during even the most challenging circumstances. You will be able to **reach your ACME**.

"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change.

– Charles Darwin

HIGHLIGHTS

Learn the **ACME** framework including the first 3 **ACME** mechanisms for getting results: the Process of Change; the Cycle of Results; and the Performance Triad

Understand the Process of Change and the key components needed to pivot effortlessly when required.

Discover how to be in control of your state regardless of the circumstances around you.

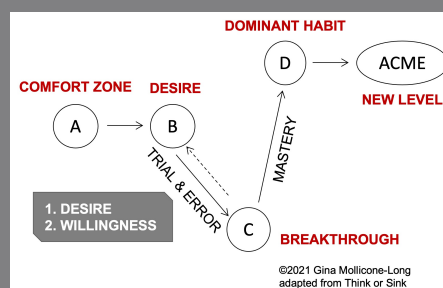
Learn the importance of focus when it comes to getting results.

Discover the Emotional Guidance System and learn how to use it to SNAP back on track to success.

Understand the impact of stress and how to shift out of the stress response whenever you choose.

How to differentiate between the voice of intuition and the voice of fear, doubt and anxiety.

How increasing your flexibility of behavior gives you the most control in any circumstance.





GETTING TO ACME The Secrets of Peak Performance

ABOUT THE GREATNESS GROUP

The Greatness Group engineers individual and team-based programs to boost your performance quickly and permanently. Our process is simple and tangible – we look at whatever problem is holding you back and solve it. In a way that you can measure. We reveal the greatness in all your people – no matter your industry, size-of-business or issue holding you back. We are your partners in peak performance.

The Greatness Group is committed to delivering results in our programs and consulting. All of our programs are experiential in nature and engage all three learning modalities: visual, auditory and kinesthetic. We also employ accelerated learning techniques to maximize the efficiency of the learning process. We specialize in the ability to be able to translate the learnings back to the workplace, so they can be applied immediately. Finally, and most importantly, our programs have a very high energy level with stimulating activities, games, simulations and exercises. The programs are fun and engaging. And let's face it; it's much easier to learn when you're having fun!



ABOUT GINA – Certified Master Trainer of NLP and Hypnosis. Certified Trainer Master Level of TimeLine Therapy® and Coaching. Certified HeartMath® Trainer. Ancient Huna Initiate.

Gina Mollicone-Long helps people get out of their own way so they can get what they want. She is an international best-selling author, compelling speaker and performance expert with a personal mission to reveal greatness in individuals, teams and organizations. She is the co-founder of The Greatness Group, a multi-national corporate team building and training company. Since 1998, she has trained, coached or spoken to tens of thousands of people globally. Her books, *Think or Sink* and *The Secret of Successful Failing* are widely read and enjoyed by people around the globe. An avid world traveler, Gina's experience with diverse cultural perspectives gives her programs universal relevance that helps her connect with audiences everywhere. Visit GinaMollicone.com or linktr.ee/GinaMollicone for more info.

“An awesome, high energy, technical and inspiring virtual session – much needed during these times of crisis and uncertainty. Great learnings in controlling yourself internally, helping you win externally and achieve goals”

- Doron Kalinko, CEO, SmaryBuyGlasses.com, Shanghai, China

I recently heard some great reminders by Gina Mollicone-Long about the importance of control in your life and your business. When you are able to control your focus, you can control what's possible for yourself. Great lessons there. It's a great reminder that we can still “captain our own ship.”

Kristin McLane, CEO, CIMx Software, NYC, USA

“Gina provided valuable insights and a roadmap on how to emerge from a challenging period. What stood out the most was the process of change (wherein one typically goes through “hell” trying out a variety of actions / initiatives before a breakthrough) and how to take action (by focusing on what you want, choosing positive emotions, and having the physiology of power). Gina was awesome with the audience on the virtual platform.”

-Edison Yap, Director and GM, Clairmont, Philippines

THE DETAILS

Format: Virtual event

AV Needs: Video virtual conferencing software

**CALL US TO GET A QUOTE
FOR YOUR GROUP:**

1-866-994-6832 Ext #2

www.GreatnessGroup.com

Greatness@GinaMollicone.com