Institute of
Human Excellence

Inner Game Coaching and Leadership

In the new economy, where individual and collective knowledge is our most valuable asset, the ability to access and develop our ability to learn is paramount. However, all people bring with them habits of self-interference that get in the way of the use of their potential to perform and to learn.

Experience this extraordinary opportunity to work with IHE, a leading provider in coaching, leadership and culture development. This exclusive programme is the result of two world leaders in coaching and leadership development coming together to create the most cutting edge methodologies for human development during the past thirty years.

Tim Gallwey, founder of the Inner Game, and Sir John Whitmore, pioneer of coaching in organisations, are both forward thinkers and have had a profound impact on coaching and leadership in sport and business. Thirty years after first launching modern coaching and Inner Game thinking, Tim and John believe the approach has more to offer now than ever before.

What is the Inner Game?

For people who want to enter a totally new paradigm of performance, the Inner Game addresses the interferences that limit our potential, and so enables us to maximize our performance. This is demonstrated by the Inner Game equation:

Potential – Interference = Performance

Becoming aware of patterns that lead to acting out of habit, rather than conscious intention, enables us to recognize our 'self-interferences' and thus enter a new paradigm of performance. In the new economy, where individual and collective knowledge is our most valuable asset, the ability to access and develop our ability to learn is paramount.

The Inner Game provides principles, methods, and tools you can learn to get out of your own way so you can express your full potential and maximise excellence in whatever your chosen activity.

Learning Benefits

The Inner Game programme offers participants a truly unique chance to learn not only how to develop your potential in a more fulfilling way but also how to reduce the inner obstacles that can get in your way.

You will have an unrivalled opportunity to:

- Explore and experience Inner Game principles, methods and tools with the experts
- Examine the mindsets which block or hold us back and those which maximize opportunities for learning, enjoyment and performance

- Develop valuable coaching skills such as focusing attention to raise awareness and level of responsibility – increasing our natural ability to learn and to be successful
- Acquire powerful, cutting edge tools for greater personal effectiveness
- Dramatically improve your leadership style
- Transform the way you 'see' work to make it more meaningful and fulfilling
- Hear how others have successfully put Inner Game tools and coaching into practice
- See a demonstration of Inner Game methodology in practice on a tennis court

Experiential and Interactive

The Programme will be led by you! It is all about experiencing your inner game, exploring your performance potential and working with your inner obstacles, therefore the process must be led by you with our guidance and support. Your active participation and interest during the programme will make all the difference to your learning and to your interaction with the presenters.

Comments from Past Participants

It is a great workshop based on terrific concepts, very applicable to my coaching practice. Facilitators have a wealth of knowledge and experience, and did well to keep us on track. ***Rod Robinson, Commander, Royal Australian Navy***

The opportunity for experiencing new learning was most valuable. It takes such experience and knowledge for the facilitators to be able to talk so simply. I very much appreciate their humility and approachability. ***Bronny Coombes, Director, L8 Investments***

The workshop is facilitated with an excellent facilitation style – full of wisdom. It was a great experience – innovating and uplifting. ***Paul Lloyd, CEO, Think One Team International***

Programme Provider

The Institute of Human Excellence (IHE) was founded to serve organisations who wish to develop their people to the highest levels of performance at work, to have greater fulfilment in their personal lives and to make a contribution to the wider community. IHE taps into collective wisdom and natural systems to accelerate people development and organisational transformation. We are seldom prescriptive for we prefer to facilitate our clients to discover their own sustainable solutions. In doing so, we place ourselves in the best position to serve others to uncover their innate potential for greater good, to nurture their latent creativities for transformation, and to foster their hidden courage for collaborative leadership.

As a leading institute for coaching and facilitation development, IHE provides in-house programmes, open public programmes as well as one-to-one programmes around the world throughout the year.

For inquiries, please email info@ihexcellence.org, or call us at +61 (0) 2 8211 0618.