

HOW GOOD DO YOU WANT TO BE?



CULTURE OF EXCELLENCE

Presentation Summary

John Foley inc. 

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INTRODUCTION

We all have the power to elevate our performance and change our world for the better. Aligning our intention and focusing our minds can have dramatic effects on the outcome of our team's actions, and even change the entire journey of our lives.

John Foley CenterPoint Companies Inc. works with the world's best organizations. We've helped leaders spark a thirst for improvement in their teams, we've helped professional sports organizations win championships, and, most importantly, we've touched the hearts and minds individuals who are looking to be better employees, teammates, and family members.

The Glad To Be Here Debrief has helped hundreds of organizations develop the process and the mindset necessary to achieve greatness. This book is the entry point for teams seeking to elevate their performance or individuals looking to conquer life's extreme challenges. When it becomes a habit, it will serve as the essential tool on your journey towards continuous improvement.

You and your team have an opportunity to learn this system so you can ignite success over and over again.

You just have to ask yourself:

John "Gucci" Foley

HOW GOOD DO YOU WANT TO BE?



Former Lead Solo Pilot
Blue Angels

THE DIAMOND PERFORMANCE FRAMEWORK

The Diamond Performance Framework is the key to higher performance. Strategic management theory teaches a loop of vision, plan, execute and feedback. That's a fundamental approach that the DPF takes to the next level by creating commitment, buy-in, focus, trust and reassessment.

That's why the DPF begins with Belief Levels. Every time you repeat these steps, they reveal key information that focuses the next Brief and allows you to refine the Contracts and trust between team members before you enter the Debrief. Performance improves with each pass, therefore raising your Belief Levels.

The result is a spiraling-up process that incrementally closes your performance gaps and leads to exponential results. It's repeatable, transferable and it works.

The Debrief is just one facet of the DPF, but it is the most immediately actionable and can serve as a point of entry into the system. In the Debrief lie the elements of the other facets. It is the point that brings everything together and allows you to assess, plan and act. By bringing focus onto the Debrief, however, we're offering leaders and team members the opportunity to engage in a practice that delivers immediate results.



DYNAMICS OF DEBRIEF

A few basic techniques for holding a Glad To Be Here Debrief incorporate five core principles that establish the foundation for success. When these dynamics are evident at the same time, teams elevate their trust, improve their communication, and significantly increase their effectiveness.

To maintain alignment during the fast pace of an airshow, the Blue Angels define a fixed point in space called a CenterPoint. Think of these dynamics as your CenterPoint during this program. They represent the distilled wisdom of the entire process and hold the key to activating higher performance in yourself and in your team.

As you get started, think of this as an opportunity to achieve better results from yourself and build a deeper camaraderie and trust with your teammates. So strap in and get ready to begin this high performance climb!

Dynamics of Debrief

- ▲ Safe Environment = Respect
- ▲ Check Your Ego = Humility
- ▲ Lay it on the Table = Openness
- ▲ Own it and Fix it = Accountability
- ▲ Glad To Be Here = Gratitude

EXERCISE:

THE Glad to Be Here WAKE-UP

The core of this exercise is simple. Wake up happy, every single day. Align your first thoughts each day on the things for which you are grateful. It is a simple practice that can help develop a habitual, positive mindset. Here, in John's words, are three steps to start each day right.

Step one: present

The first thing I do every morning is think about what I am grateful for. I do this while still in bed. I bask in the idea of being alive, in good health and on all goodness that surrounds me in the moment.

Step two: past

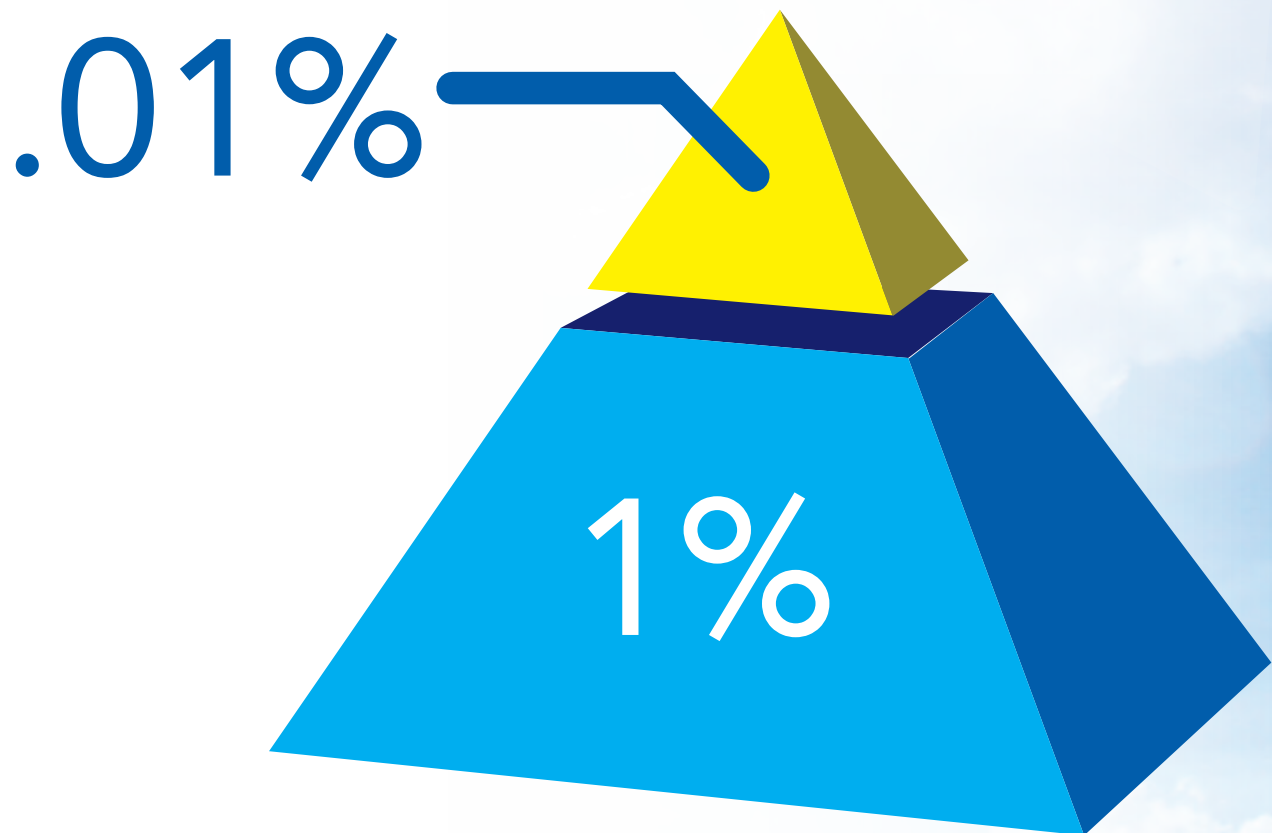
I reflect on the last 24 hours and recall events and people I am thankful for. I do this by frames, starting with my wake-up from the day before. Again, I am reliving and basking in any goodness done or observed. It's fun and can sometimes continue for a while, depending on the day.

Step three: future

Now comes the part I enjoy most: Planting seeds for the next 24 hours. I think ahead to the upcoming day in frames of the events and people. Here is where exchanging self for others comes in. I try to think of what they will need or want, and hope they receive it ...or I think about whether there's something I can do to help them.

BENEFITS OF A Glad to Be Here DEBRIEF

- Optimize execution and results.
- Make continuous improvement a habit.
- Clarity, alignment and team oneness.
- Open, honest and engaged environment.
- Inspire individuals, teams and organizations to gel, grow and excel.
- Optimize communication.
- Sustain a high performance culture of excellence.



The Glad To Be Here Debrief is inspired by the Blue Angels' process of continuous improvement. It is a critical tool that makes the difference between performing with the top 1% and moving beyond into the elite .01%

A LIST FOR REFLECTION

An attitude of gratitude.

The spirit of “purpose larger than self.”

The symbol of a greater truth that flows throughout the lives of everyone who takes high performance to the highest level.

A rejoicing and celebration; looking at the world through a lens of wonderment and joy.

I’m glad to be alive.

The essence of living and working for something greater than ourselves.

An expression of inner joy over outward purpose.

An attitude of gratefulness that expresses itself in simple acts of kindness and generosity.

Thankfulness for the experiences I’ve had, the people I’ve known and the camaraderie I’ve shared.

Thankfulness for the victories of life and work, as well as the setbacks that stretched me, tested me, and taught me.

USE IT TO IMPROVE YOUR LIFE.

USE IT TO ENJOY EVERY MOMENT.

USE IT TO LIVE LIFE IN ALL ITS FULLNESS.

Glad To Be Here FAREWELL

I thank you for taking on the challenge of The Glad To Be Here Debrief. My sincere hope is that you find wisdom and inspiration from the process.

For me, Glad To Be Here is not a hollow statement. It's something I have engaged and reflected on at the highest levels of my being. The time I spent at Stanford Business School and the interactions I've had with some of the world's most profound spiritual leaders have only reinforced my belief that elevating the role of gratitude in your life is a transformative experience.

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