



Anders Haglund

Bring out the best in you

Anders Haglund is one of Sweden's most popular lecturers. With his profound knowledge of personal development and performance psychology he makes the complex simple and practically useful, so you can use it to get even better - both at work and at home. Anders Haglund shares valuable information about how you can function at your best. What previously seemed difficult or impossible suddenly becomes quite simple. Anders combines expertise from many different areas of life and develops smart solutions, which immediately gives effective results. He focuses on the personal level, as nothing affects business more, than how the people it is based upon, feels and reacts.

The goal of the lecture

- Develop the ability to find the right condition for the right occasion.
- Find a clearer focus on opportunities.

Insikt - Coaching Questions

1. Who in your team is the number one in creating result, according to you? How could you learn from him/her?
2. You need to know what you want to find your motivation. What do you want? Be precise.
3. Would you say that you are a wrong-seeker or a right-seeker? Are you happy with your answer? What can you do to improve.
4. To get into the right state might be crucial in many situations. Decide to train to get into the right state, at an upcoming event. What state will be the most suitable for the situation? How would it effect the result of the meeting?