Circle of Excellence

by John Varun Maguire

This technique helps you access a peak state of body/mind to enhance the quality of your performance. It can be extremely valuable for athletes, musicians, dancers, actors, entertainers, public speakers and those who wish to improve their performance in any activity. It also gives a person greater awareness of physiological and psychological cues which they can use to put themselves in the state they want to be in at any time.

The Procedure:

1. Ask your partner which performance activity they want to enhance. As the facilitator, designate an imaginary circle that your partner will be stepping into. You have three approaches you can use to get them to achieve their peak performance state. Use any that are appropriate. Have them:

    A. Recall a specific time when they had their best performance.

    B. Think of a time unrelated to this activity where they experienced great confidence, success, power and any other feelings they want to be able to recreate. This is particularly helpful if this is an area they have not yet had success in.

    C. Think of a person they want to emulate. Imagine how that other person feels when they are performing this activity.

2. Have your partner stand in the circle and experience the feelings of this resourceful state. They may want to shift their posture or move their body as they get more in touch with their state of excellence. Visualizing being bathed in colored light, as if standing in a spotlight, is often empowering. Your partner can also imagine inspiring music or people cheering them on to give them further access to this state.

3. Observe and write down all the physiological signs your partner displays while they stand in their circle of excellence. How are they breathing? How are they holding their facial muscles? How are they standing? What is the focus of their eyes? What is the color of their face?

4. Have them notice and report any images they see or feel. One runner felt like a gazelle - light and quick. A woman who had been an accomplished dancer transferred her presence on the stage to her performing as a pianist. She was amazed at the improvement in her piano performing skills.

5. Your partner may discover new attitudes towards their performance which they previously had not considered. Using this technique, one man about to compete in the 140 mile Ironman Triathalon, replaced his attitude of dread and fear with one of joy and enthusiasm. After the race he said he never had so much fun in his life. His race results were also quite astonishing.

6. Test an indicator muscle when they are in their peak state and it will be switched on. This further anchors or associates the performance activity with the state of excellence.

7. Now have your partner step back from the circle and recall a state of low resourcefulness, where they feel lack of confidence. Notice the physiological signs of this state. Test the indicator muscle and it will be switched off.

8. Have your partner disassociate from the unresourceful state by stepping forward into the circle of excellence and key in to their empowering feelings. Anchor this in with a switched on muscle test. Ask them to notice what they are aware of, as illustrated in step 3.

9. If your partner is having difficulty getting back into their state of excellence,

repeat the process until she or he finds it easy to do so.

10. When the process is successfully completed, share observations with your partner so they can recreate their state of excellence any time they desire. Switch roles and create your own circle of excellence.

Before a performance activity, or any time you are not in a state you want to be in, you can enter your circle of excellence. Recall the sensory and motor responses that are expressions of your empowered state. Maintain your "power posture" and breathing pattern. The more you practice accessing this state, the easier it will be to put yourself in control and be in your peak state. Use this with clients, family and friends who want to get winning results in any performance.