

## **The Power of Beliefs: How Seven Core Beliefs Are the Greatest Predictors of Future Performance, Resilience, and Well-being**

**The greatest predictor of future performance is the beliefs you hold about the world.**

Beliefs do more than shape the lens through which we see the world. They shape what happens next. In this high impact, interactive and humorous new talk, world renowned researcher and *New York Times* bestselling author **Shawn Achor** illuminates how our beliefs change the math about what is possible and probable in our lives. And by changing the math, beliefs change our path.

Scientifically, beliefs don't just reflect reality. Beliefs bend reality. Using stunning new research, Shawn reveals how our beliefs take the cap off our potential or hold us down, enrich or impoverish us, heal us or make us sicker. Moreover, Shawn reveals something incredible: **as technology has become more powerful, our beliefs have become more predictive.** Based on his work, Shawn has identified the seven most predictive beliefs that successful leaders and teams hold. By strengthening these seven core beliefs, individuals or teams have been able to *increase revenue by up to 50% in 18 months, improve retention by 14%, raise productivity by 31%, live 7.5 years longer, increase SAT scores for our kids, and improve sales by 37%.* Shawn reveals how:

- **Belief changes what we perceive**—including opportunities others miss
- **Belief reduces change anxiety and increases trust**, even under pressure
- **Belief fuels resilience**, especially during change or after rejection
- **Belief amplifies social support**, boosting performance the way the home-field advantage boosts elite athletes
- **Belief causes us to beat the odds**, and to see how our behavior matters

Then drawing on two decades of research, as well as his work with NASA, with NFL and NBA teams, elite military units, and over a third of the Fortune 100 companies, Shawn outlines six practical strategies for undoing our limiting beliefs and strengthening these seven core beliefs together. By changing our lens and the lenses of those around us, we can significantly improve performance, strengthen resilience and create a better life and society. **Same world, different beliefs, different outcomes.**

Key Takeaways:

- Understanding how beliefs predict our future outcomes
- The seven core beliefs that the most successful people and teams hold
- Six strategies for how to rewire limiting beliefs and strengthen empowering ones
- How leaders can intentionally cultivate positive core beliefs to create cultures where people thrive