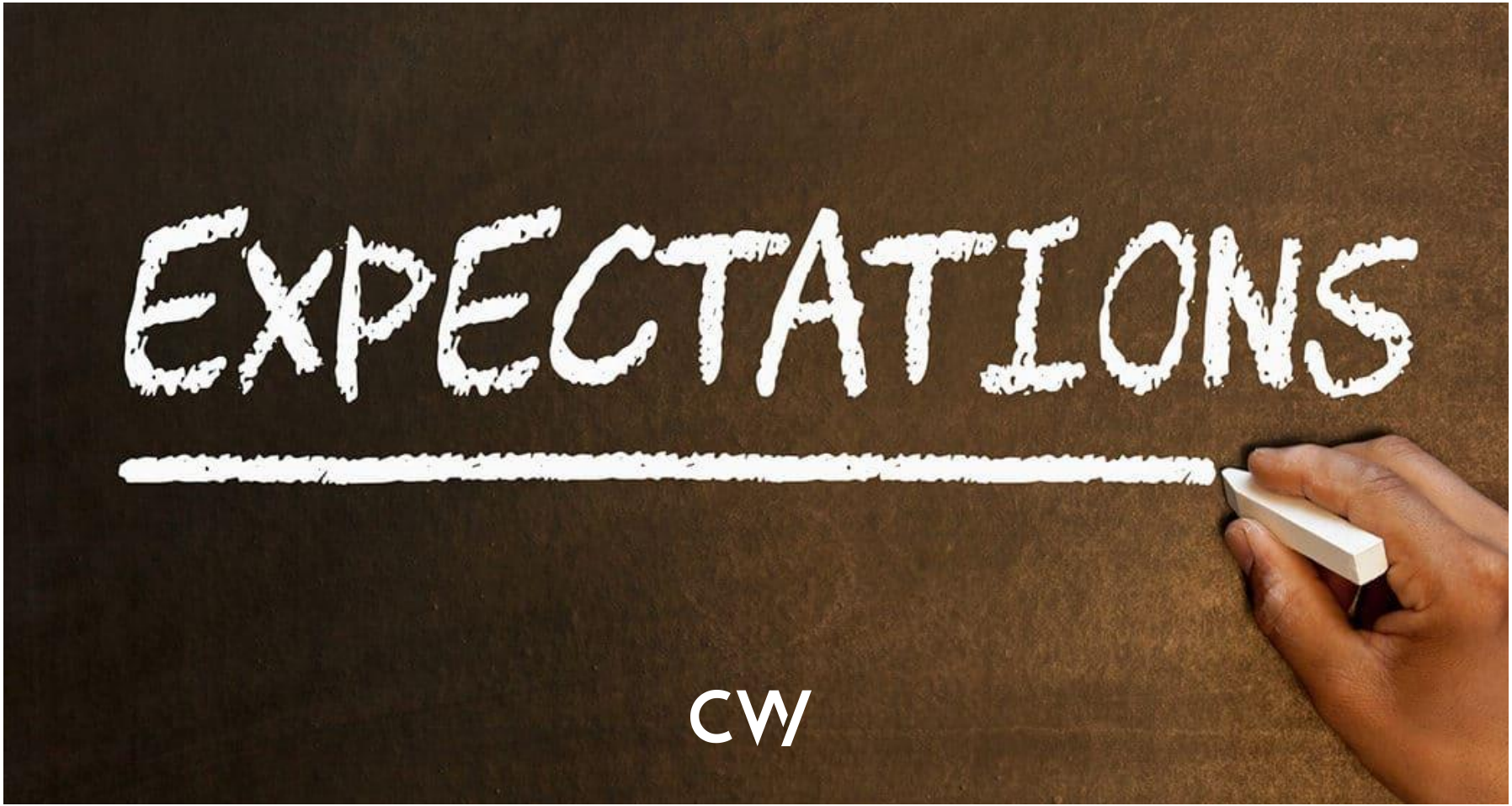
CW
COURT WHITMAN
INSPIRING HIGH PERFORMANCE

CW


EXPECTATIONS
CW

Are You Chasing
High Performance?
CW

The High Performance
Call Out
CW

My Journey

Childhood
Near-death experience.

Virginia Military Institute

Cadet (Student) <> Athlete.

82nd Airborne Division

Platoon Leader <> Manager or Director.

CW

9.11
A significant emotional event for me.
CW

7th Special Forces Group
Special Forces Commando.

Marriage
24 November 2007
CW

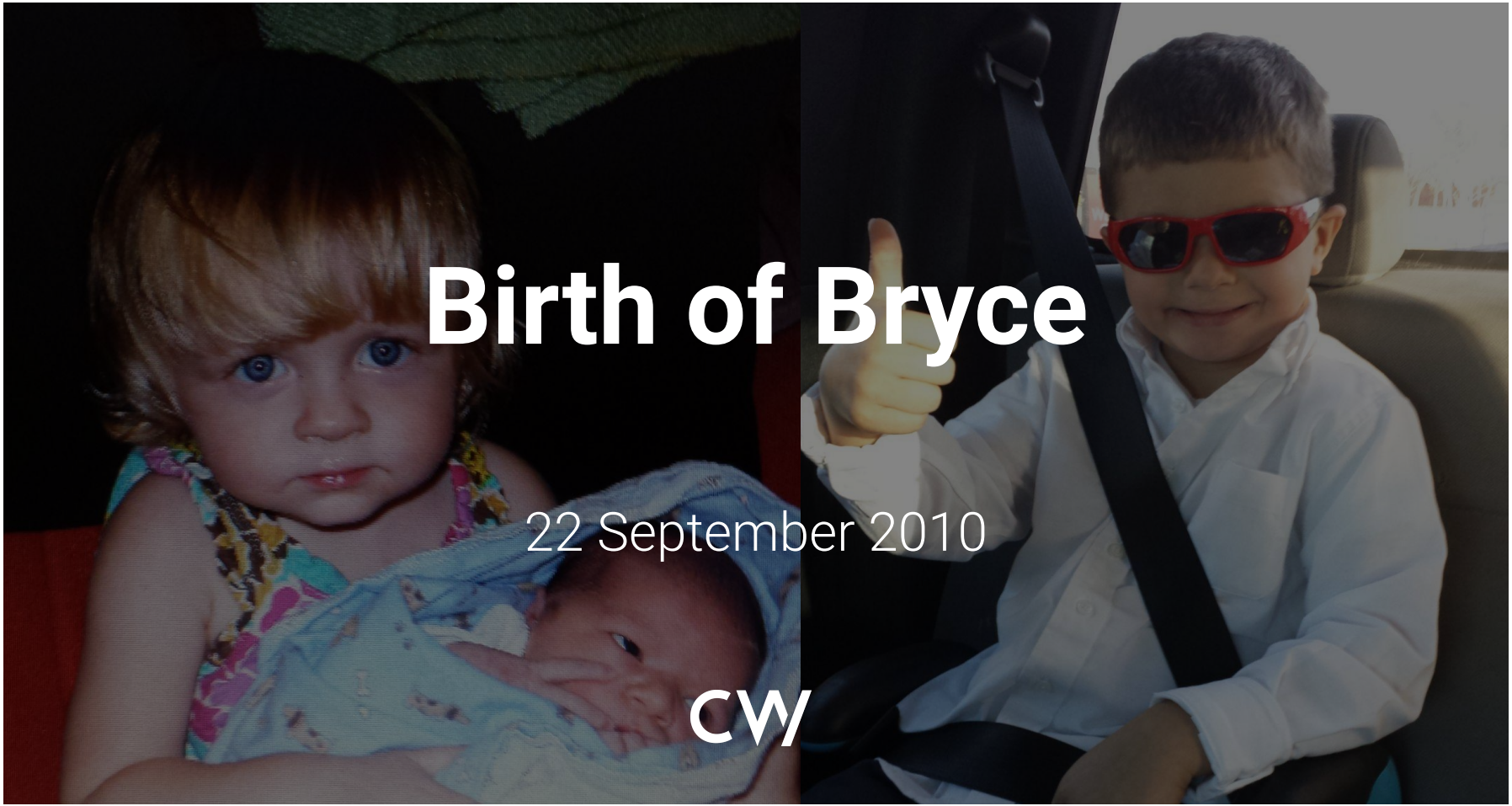
Birth of Charlotte

3 February 2009

Special Missions Unit

October 2009

Elite Performance - Top 1%.


Birth of Bryce
22 September 2010

Separation (5 years)
25 August 2014

Army Retirement

31 October 2016

TEAMWORKS Inc.
Account Executive
&
Manager Organizational Performance.

COMMIT FOUNDATION

THE HONOR FOUNDATION

NORTH CAROLINA
COMMUNITY FOUNDATION

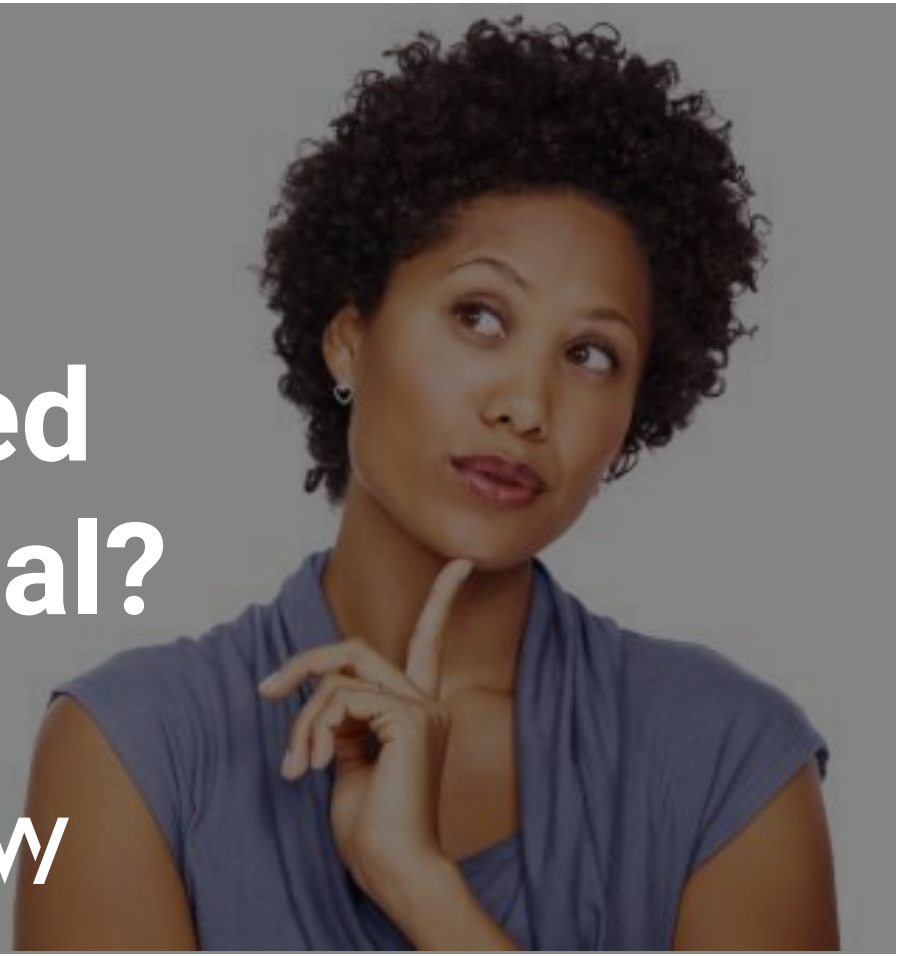
WASHINGTON UNIVERSITY
Per Veritatem Vis
1853

AROOTAH
The Center for Inspired Action

What did you see in me as you listened to my story?

A thought exercise for you about your performance.

Have I maximized my potential?



HIGH PERFORMANCE

How is it defined?

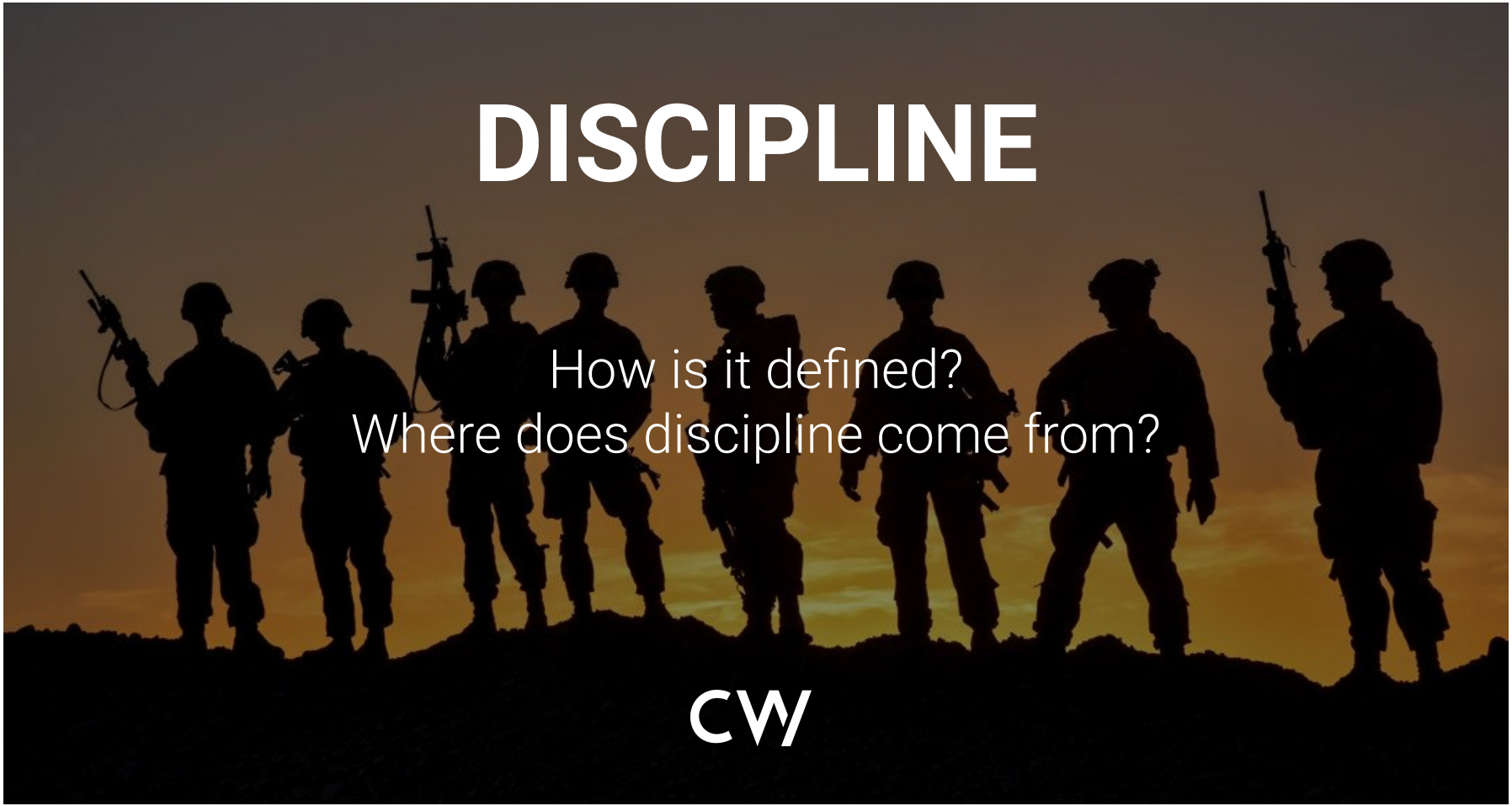
HIGH PERFORMANCE
Success in desired results,
above established norms,
over the long-term.

HIGH PERFORMANCE
Success in desired results
(part 1 of 3 parts).
CW

HIGH PERFORMANCE
Above established norms.
(part 2 of 3 parts)
CW

HIGH PERFORMANCE
Over the long term.
(part 3 of 3 parts)
CW

HIGH PERFORMANCE
Success in desired results,
above established norms,
over the long-term.


DISCIPLINE
How is it defined?
Where does discipline come from?
CW

SELF DISCIPLINE

DISCIPLINE
The behavior of self-control.
CW

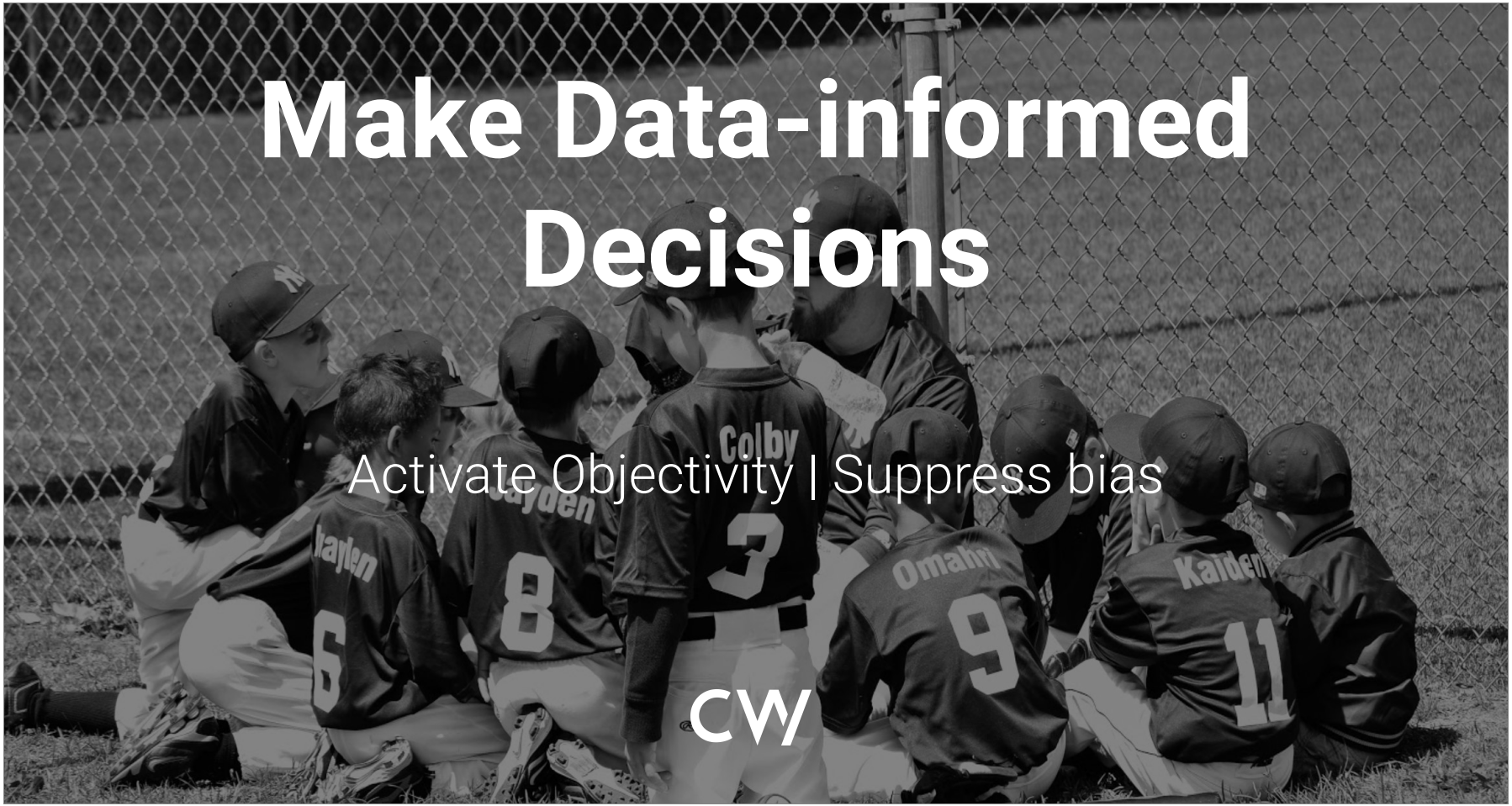
My Top 9
Deliberate Disciplined Habits.
CW

Self-Awareness
Get to know yourself

I See By...ISCBII
-Identity
-Strengths
-Core Competencies
-Behavior
-Influence to Impact
CW

Self-Care
Only you can do it

Self-Care
Physical Fitness | Emotional Fitness | Mental Fitness
Spiritual Fitness | Financial Fitness
CW

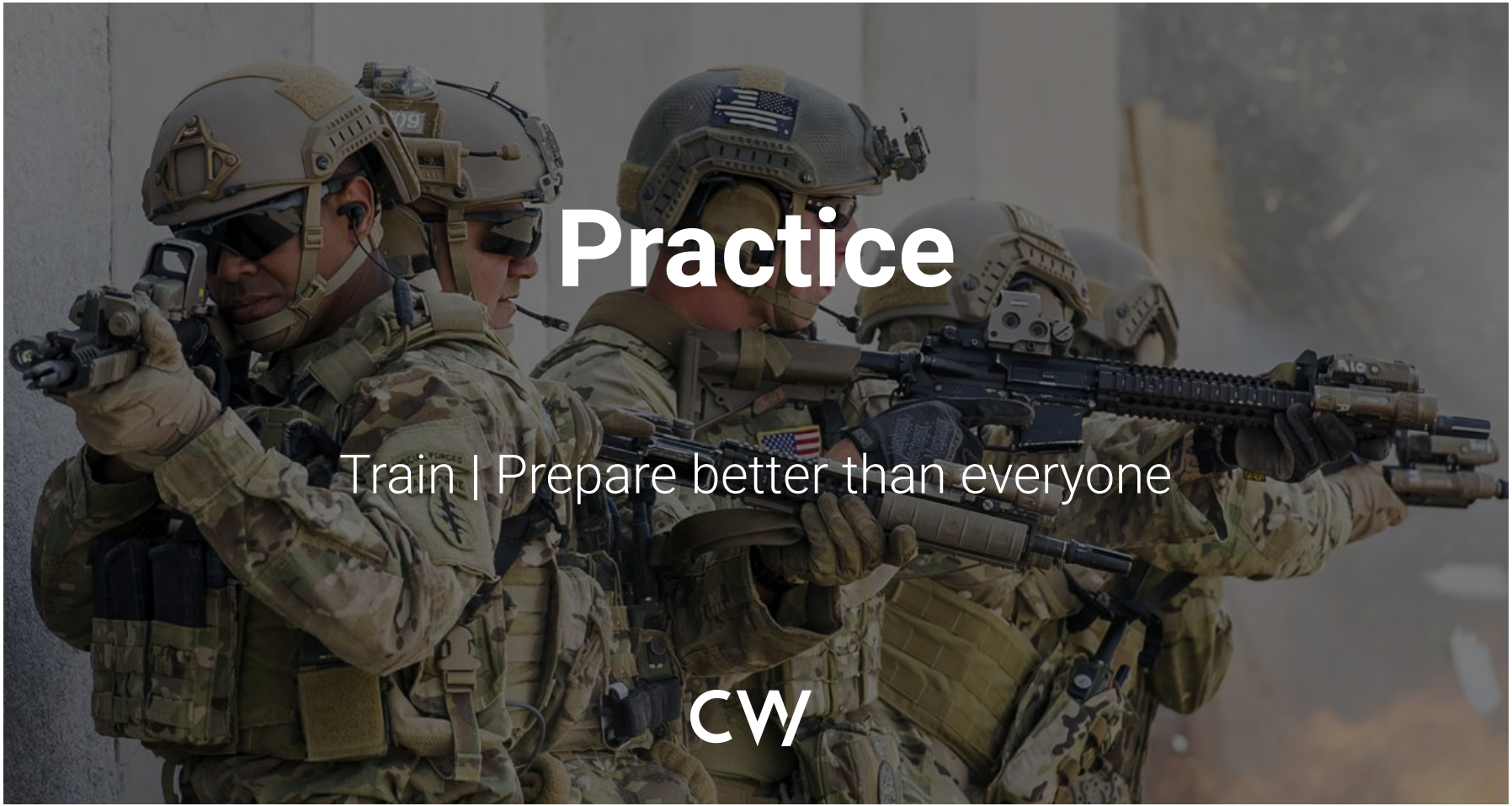


Make Data-informed Decisions

Activate Objectivity | Suppress bias

CW

Know your Role
Embrace it | Do it extremely well.
CW


Practice
Train | Prepare better than everyone

Set Goals
Annual Targets | Evaluate Monthly | Accountability partner

Professional:

Target	Date Planned	Date Completed
Complete 420 hours of coaching -Completed 404 in 2021.	NLT DEC 2022	
Complete 2x Outdoor Leadership Experiences 1x Spring (youth focus) 1x Fall (adult focus)	1x MAR 2022 1x OCT 2022	
Complete 2x Keynote Speeches	NLT DEC 2022	
Teach 6 classes for The Honor Foundation	2x Bragg 2x Lejeune 2x VA Beach	
Renew MARSOC contract for second year	NLT NOV 2022	

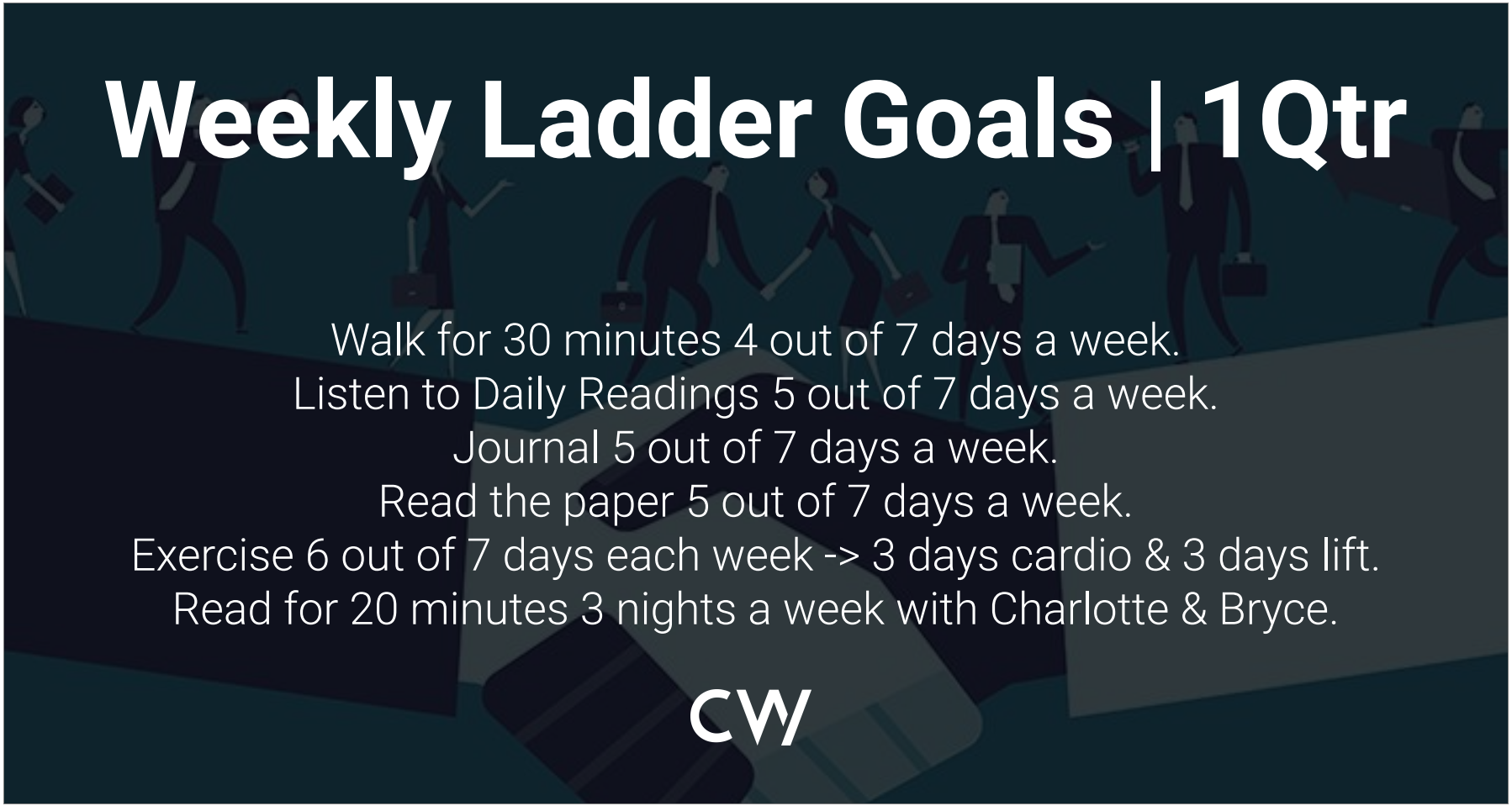
Personal:

Target	Self-Care Line of Effort	Date Planned	Date Completed
Attend 1x weekend Faith-based men's retreat.	Spiritual Fitness	NLT DEC 2022	
Buy 3 tickets to Army <> Navy Game	Emotional Fitness	NLT SEP 2022	
Take Kids on Ski Trip to Snowshoe WV.	Emotional Fitness	FEB 12-15 2022	
Book family Ski trip for FEB 2023.	Emotional Fitness	NOV 2022	
Take the Kids on a Spring Break Trip to Aquatica or Blizzard Beach FL.	Emotional Fitness	15-22 APR	

Personal:

Target	Self-Care Line of Effort	Date Planned	Date Completed
Purchase & take kids on a Christmas trip to Washington DC.	Emotional Fitness	JUL purchase for DEC 2022 trip	
Accumulate $20K in Emergency Fund	Financial Fitness	NLT DEC 2022	
Accumulate $25K in Stock Market	Financial Fitness	NLT DEC 2022	
Read 2 books. -Courageous Follower -Dare to Lead	Mental Fitness	NLT DEC 2022	

Weekly Ladder Goals | 1Qtr



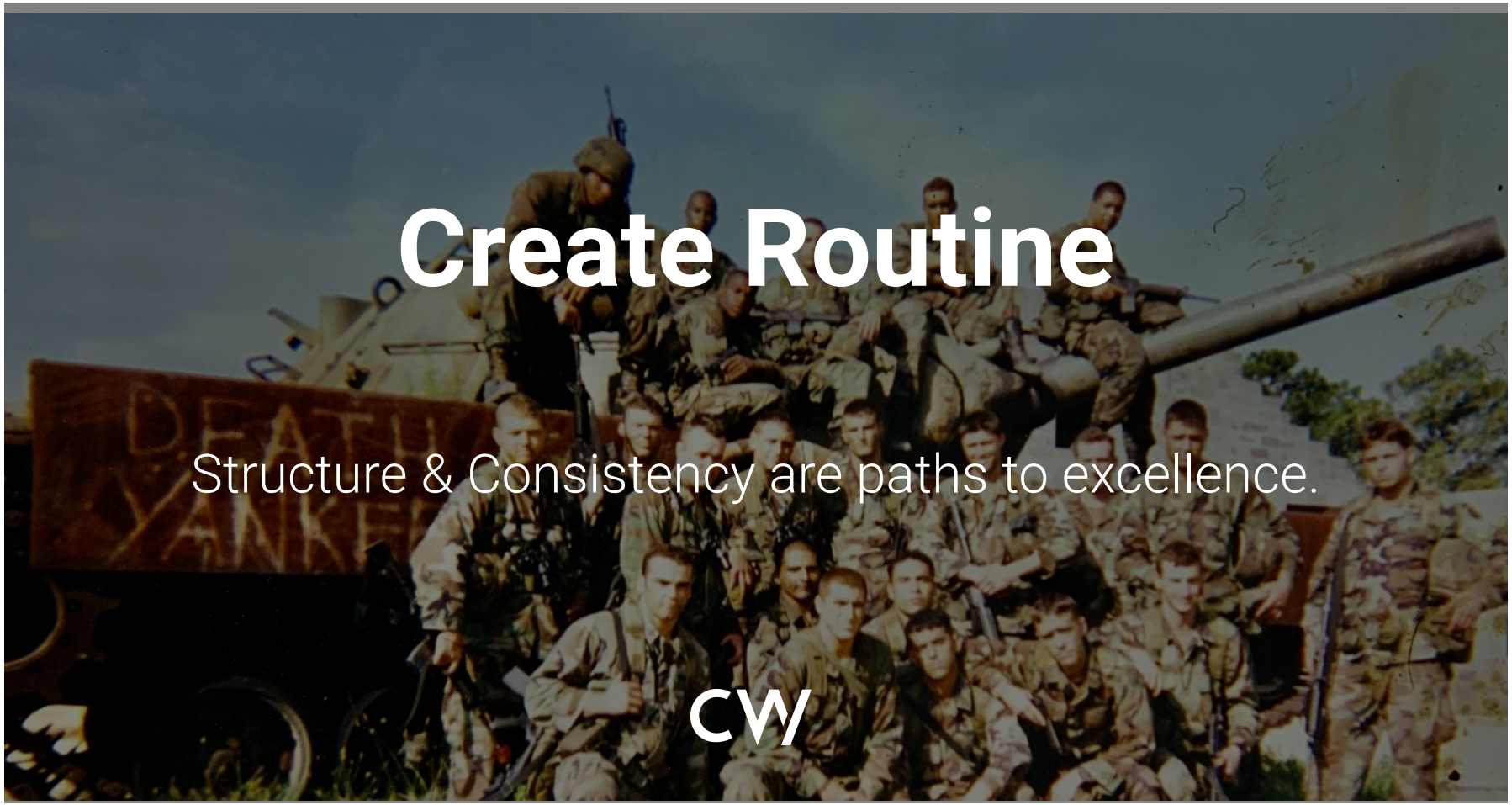
Walk for 30 minutes 4 out of 7 days a week.
Listen to Daily Readings 5 out of 7 days a week.
Journal 5 out of 7 days a week.
Read the paper 5 out of 7 days a week.
Exercise 6 out of 7 days each week -> 3 days cardio & 3 days lift.
Read for 20 minutes 3 nights a week with Charlotte & Bryce.

CW

Identify Success Criteria
Focused Effort | Intentionality | Individual & Collective

Seek Value-alignment
Increased level of fulfillment | Peace
CW

Value-alignment.
My Core Values
Honesty | Humility | Bravery | Grit | Spirituality
CW



Create Routine

Structure & Consistency are paths to excellence.

DISCIPLINE
The behavior of self-control.

HIGH PERFORMANCE
Deliberate Disciplined Habits

- **Self-Awareness.** Get to know yourself.
- **Self-Care.** Take care of yourself.
- **Make data-informed decisions.** Activate objectivity.
- **Know your Role.** Embrace it & do it extremely well.
- **Practice.** Train & Prepare better than everyone.
- **Set Goals.** Each year; and find an accountability partner.
- **Identify Success Criteria.** Focused effort.
- **Value-alignment.** Experience increased fulfillment.
- **Create Routine.** Structure & Consistency | paths excellence.

Stay connected with Court Whitman

Listen to my Podcast:

"High Performance Pathways" on Amazon Music, Apple Podcast, iHeartRadio Podcast, Spotify and Google Play.

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