

Leadership Presence

Let's talk about the way you show up in your role and the personal practices you need to have in place that allow you to be a great leader. Anxiety is fast becoming an epidemic and in the younger generations this is showing up as a lack of consistency in what they pursue in life and therefore they struggle to develop the traits of self-trust & self-belief.

For future generations to thrive, leaders need to pave the way by consistently having a calmer presence amongst the chaos, practicing high quality personal practices & behaviours that will serve them *always*, regardless of strategy, challenge or change, helping to level out anxious tendencies & create long-standing teams.

Practicing Breath Work - Ancient wisdom and modern science tell you that when you are challenged your brains functions are highly influenced by the way in which you are breathing. If you are breathing well in the face of challenge you can make better decisions. The better you breathe, the calmer and more in control you will be when it matters most. See how this one aspect has assisted some of the worlds best leaders in sport and business to achieve their greatest goals. Breathing can become your most trusted ally.

Developing Self Regulation - How you manage your energy, focus, mindset and behaviours has a direct effect on those around you. Who do you need to *be* to bring out the best in others? Good leaders make good decisions, at the right time, and trust in their ability. With practice, your ability to trust yourself when it counts will define you.

Setting Clear Intention - How do you start your day? How do you reach for the very best? In a highly volatile and competitive world, those that are clear about their intentions break through to new grounds of achievement. How did a 7 x World Champion achieve her life vision and become the legend?



LEARNING OUTCOMES:

Practice(ing) Breath Work

- Discover how this one aspect of self control is your best ally in both leadership & performance.
- How to generate a state of calm when it matters most.
- Why the worlds highest performers go to this practice.

Develop(ing) Self Regulation

- What it means for those around you when you are consistently at your best.
- Where self regulation begins.
- The simple mental skills for future leaders.

Set(ting) Clear Intention

- Your power is in your 'word'.
- How a 7 x World Champion discovered the power of Intention.
- Aligning with your Intention.

