More about the Cadence Approach keynote:  
  
Leanne’s keynote shows your teams how to beat burnout and have more fun by introducing cadence into their daily lives. Cadence is about managing energy. Identify the big events coming up in your personal and professional life; prepare yourself by making small improvements in sleep, mental wellbeing and energy; complete the task or event; allow your nervous system to recover by prioritising *slivers of recovery* into the day.

* PREDICT when the big events are in your life by asking ‘when are your Wimbledon’s?’
* PREPARE for those events the way an athlete would by ‘building your bulletproof’
* PERFORM when you need to and ‘respect your red flags’ for good health and vitality
* RECOVER by taking your foot off the gas pedal – ‘backing off beats burnout’

Rather than expecting your teams to be operating at peak performance all year round, the Cadence Approach™ shows your teams how to manage their energy so they can perform (and feel) at their best.