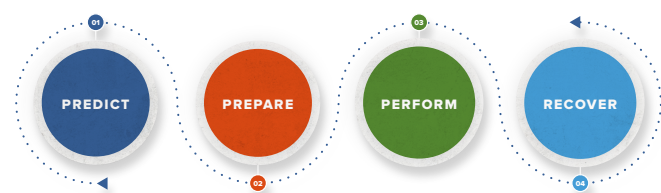




## The Legacy Program

The keynote, the masterclass and then a leadership session with Leanne to adopt the Cadence Approach within your business

Are your teams fit for the rigours of working life? Today's business environment is fast-paced and demanding, and the COVID pandemic added new stressors to people's lives. The ability to adapt to ever-changing is a vital skill, and one which we can learn from the most resilient people in our society – athletes.



Even at their elite level, an athlete won't expect to perform at their peak all year round. They will look ahead at the schedule, identify the big events and prepare for them, so that they can perform to the highest level. We call this the Cadence Approach®.

Cadence is about managing energy. First, identify the big events coming up in your professional and personal life; then prepare by making small improvements in sleep, mental health and energy; complete the task of event, and then allow your nervous system to recover by prioritising slivers of recovery into the day.

Leanne's keynote will show your teams how to follow this approach so they can beat burnout and perform when they need to.

### Masterclass

The Legacy Program includes a masterclass which takes your teams on a deep dive into the Prepare phase of the Cadence Approach, including sleep, nervous system management and energy. Whilst the keynote inspires the audience into a new way of thinking, the masterclass will show them what to do based on the latest science and research.

### Leadership Session

Also included is a follow up session with your leaders to determine how to implement Cadence at leadership level to reduce chronic stress, burnout and promote a culture of high performance and results without the burnout.

“Leanne is an incredibly powerful and accomplished speaker. She delivers with knowledge and engagement and all in a virtual world! Leanne has started something fantastic in CTS, a common language. We will be comparing movement snacks and slivers of recovery for years to come. Getting people to change their mindset around wellbeing is a truly amazing skill and Leanne has this in abundance.”

Carolyn Cole | HR Director, Construction Testing Services