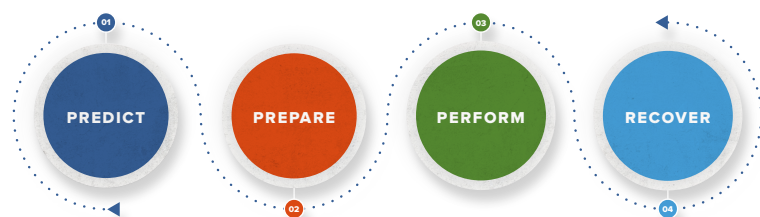




The Implement Program

Showing your teams how to integrate the Cadence Approach into their daily lives

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.

The Implement 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.

“Flywire invited Leanne to attend our offsite to present to the UK and European Sales and Relationship Management team. The feedback was nothing short of incredible. Many appreciated the delivery, the core messaging as well as the humour as a perfect mix for what was needed both from a professional and personal perspective.”

Charles Igbon-Woods | Head of Relationship Management, Flywire