

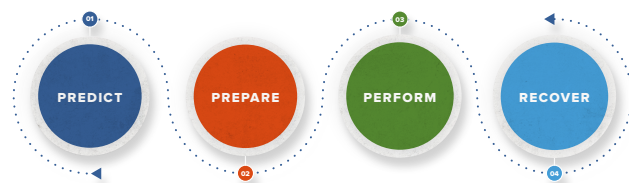
leanne
SPENCER



This is more than a talk. It's an experience.

When Are Your Wimbledons? Discover the secret to beating burnout and performing in life and work.

Today's business environment is fast-paced and demanding, and the COVID-19 pandemic has added new stresses to people's lives. The ability to adapt to ever-changing circumstances is a vital skill, and one which we can learn from some of the most resilient people in society – athletes. Even at the most elite level, an athlete will not expect to be operating at peak performance all year round. They will look ahead to the schedule, get ready, perform to the best of their ability and then rest. We call this the Cadence Approach™ and it will show your teams how to minimise risk of burnout, manage their energy and have more fun by following the 4-step process:



- PREDICT when the big events are in your life by asking 'when are your Wimbledons?'
- PREPARE for those events the way an athlete would by 'building your bulletproof'
- PERFORM when you need to and 'respect your red flags'
- RECOVER by taking your foot off the gas pedal – 'backing off beats burnout'

"Leanne was keynote speaker at the Resonant Group summer meeting in July 2022. She hit the mark brilliantly and both her keynote and the workshop enabled the team to stop and think about themselves and what they are doing every day to beat burnout and have more fun."

David Youds | Managing Director, Resonant Group