

# The Cadence Leadership Masterclass

leanne  
SPENCER

Business is an endurance sport with occasional sprints (or frequent sprints in some cases). We believe in training your leaders and their teams to be fit for the rigours of business life, by introducing cadence to the way they manage their energy, through the Cadence Approach Leadership Masterclass.



Cadence is about managing energy and it's a simple idea that works. 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 or event, and then allow your nervous system to recover by prioritising slivers of recovery into the day.

The Cadence Leadership Masterclass gives your leaders the tools to manage stress and avoid burnout, whilst promoting a culture of high energy and high performance. The Leadership Masterclass uses technology and science-based solutions including a wearable tech device that measures your team's individual stress responses across three days, providing personalised, actionable data to assist in building healthy habits.



Expected outcomes:

- Personalised, actionable data based on individual stress responses
- Learn techniques for nervous system balance and recovery
- Apply the principles of the Cadence Approach in life and work
- Reduce incidences of burnout in your teams
- Improve team performance via the principles of Cadence
- Empower your teams to improve stress resilience via Cadence

“Leanne delivered an outstanding presentation for my client yesterday. I am helping facilitate the development of a Leadership team in a high growth company and I chose Leanne to deliver her session on Cadence to help my client board members to understand the need to care properly for themselves. Leanne engaged beautifully with the dialogue and questions; the feedback was that she was inspiring. So many tips and ideas anyone can implement and all backed up with solid science. Highly recommended.”

David Brient | Leadership Coach