

~~Brad~~  
3.45

Hayden: Smart!

David: Bad times never last

Bethany: Hard work: . . . !  
↳ Get back into it! ①

Leon: Childhood: > ☺

Beck: Taught me everything  
- Life coach, Started @ rock bottom

Fred: Gratefu! ! → ~~AA~~

Scott: MS - Keeps going

Pat: Kept bouncing back ☺

Melody: Been thru alot  
Successful



# Expectations

(2)

- Strategies (4)
- Mindset 2

- Inertial / Insightful

Get up!

- Motivated # laziness

why

- Building Resilience.

- Fundamentals >

- Excited to hear!

- FUN



10.20 Jane:

• 10 years of life - more resilient

(4)

• Not big - simple

• Find things you like doing!

• "Don't do it alone"

• Asked differently

• More than 1 way

• PTG, not PIS

• Polarising

• Build the resilience!

Book list / Podcast <sup>( Faith )</sup>

Extreme Ownership

Man's search for meaning

\* Atlas of the heart  
\* ATOMS APP (IOS)

Atomic Habits - Goal setting: Mel Robbins

Live-Wire

\* The Coaching Habit!

Dare to Lead!

What's your why?

Business of 21<sup>st</sup> Century

The Secret!

(5)

1.19

6

30<sup>m</sup>  
20  
25  
23

# Kan Fact

- ( Brain
- Walter - strong leader

37 ① - Odd numbers

Juggling connects the hemispheres.

~~X~~ Andropause

8 minutes

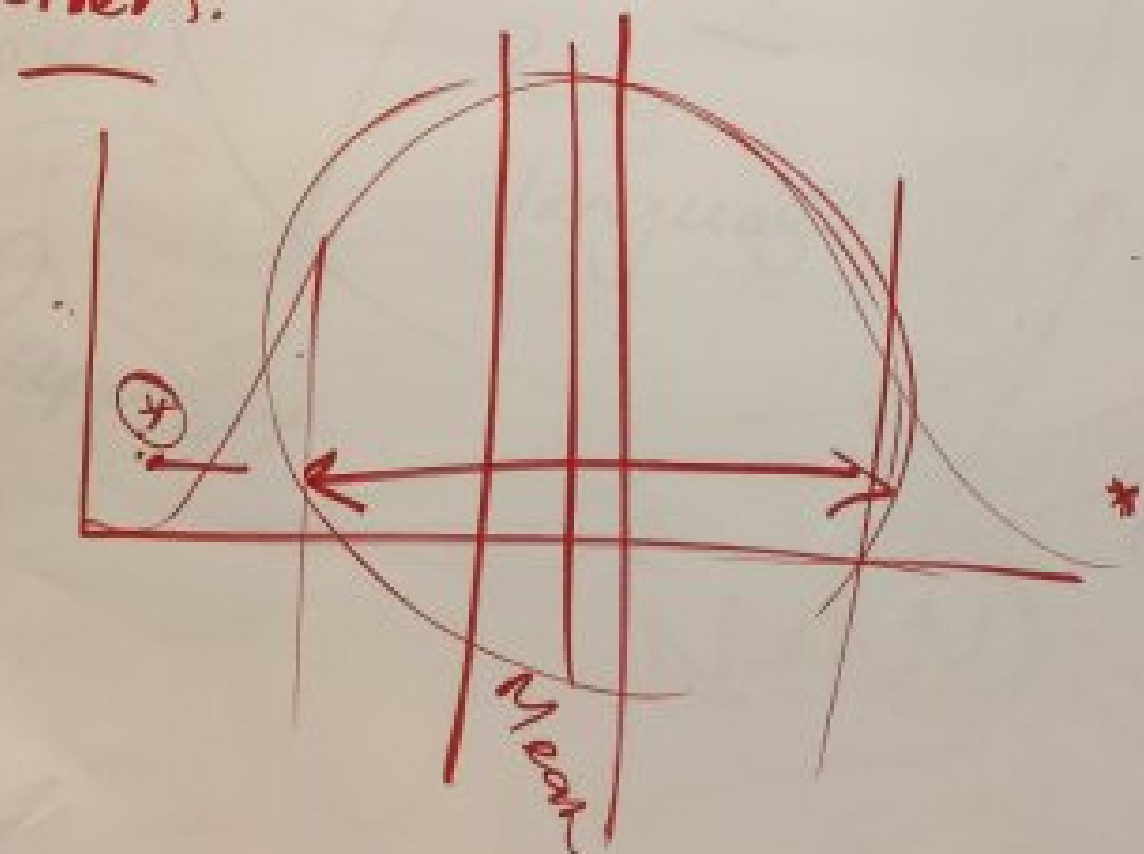


\* Open mind   
 - Time & effort

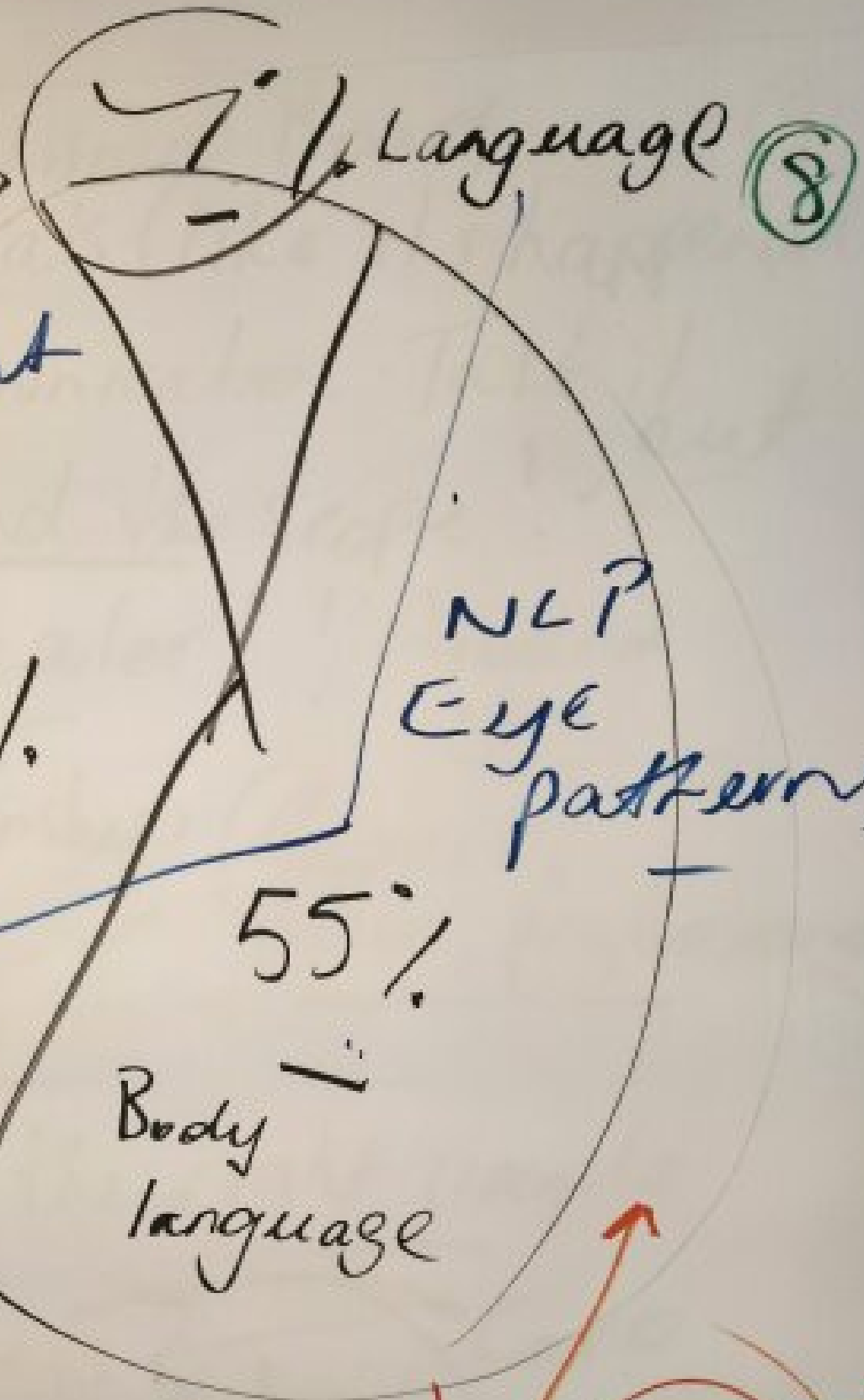
Listen   
 Different   
 ~ VOP   
 —

- Learn & grow   
 → Contribute   
 Know!

Outliers.



100%



✓  
 V

tone  
 voice

rapport  
 speak  
 mate

200

NIN 10%



Actions: 'Vision Board'

⑨

- Clear goals (like it's happened)
- Good communication - Talk it out
- Understand the scope!
- Staying alert! Around you
- + Relationship (Respect, listen, professionally)
- Networking
- With the right people
- Role models } Time } Care

- More tools

- Thinking differently

- Asking

(10)

- NLP Eye patterns

- Assertive + confident

- Auschwitz

- Mental Health

- Support

cap TIACS

- Better <sup>ing?</sup> myself

- Learning

- Not 2 Ruminating

Attitude!

Jacko!

(10)

- Adapt to the environment
- Communicate differently
- Mental Preparation
- Work-life Balance
- Preparation + planning  
(*or Mental*)
- Support network!
- Humble
- Treat people right!
- Passion  
→ Will set you up

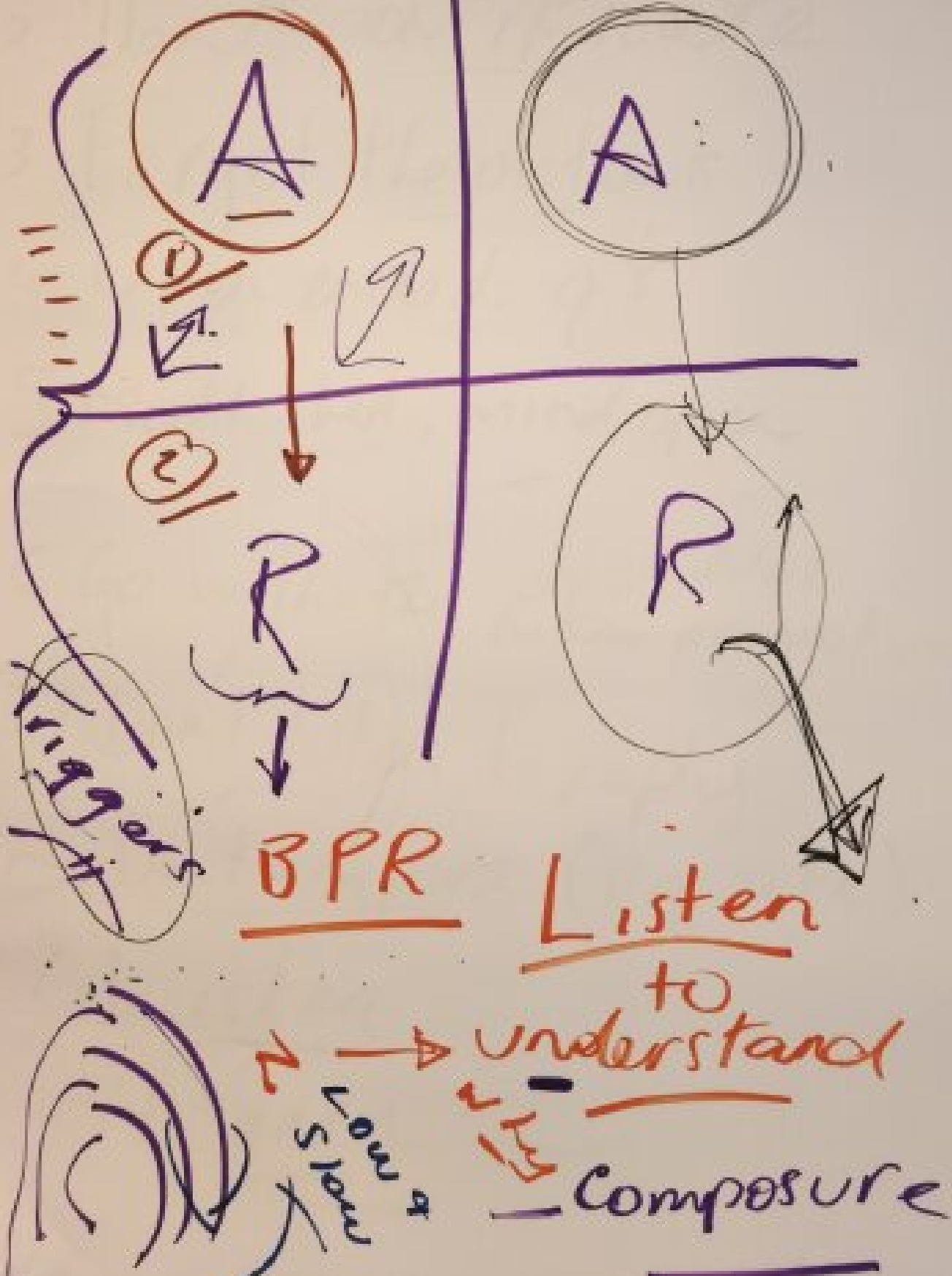


# Daniel Goleman

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Self

Social



D I S O

Collate! Don't multi-task

1. Be present
2. Don't pontificate
3. Forget the obtains
4. Open ended q's.
5. Mouth shut, mind open
6. Go with the flow <sup>Not</sup> promoting
7. Don't listen to reply
8. Don't compare (equate)
9. Listen
10. Learn

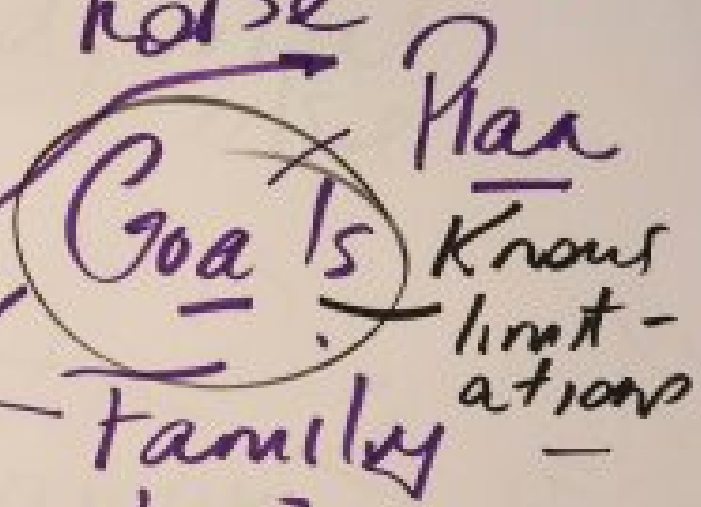
(14)

Stevie  
- Brave

'saved <sup>ing</sup> lives'  
Impacted  
Safety +  
Influenced

- Back on the horse

- Good morals



- Motivated

- Family

- Mentally toughness

- Under Pressure

- Networking

- Community

"Be a good human"

- Risk Tolerance

Team: Bridge



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> Diff ideas & used 'em

- Lead, pinned, what else

"Leadership is

taken, not given"

Tenacity

Steps in, Steps up

Informal leaders

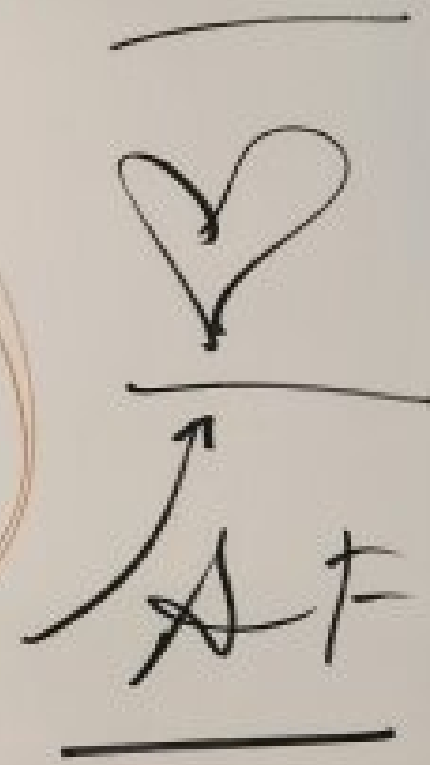


40 - 60 - 80<sup>+</sup> 90<sup>(17)</sup>

Athletic HR

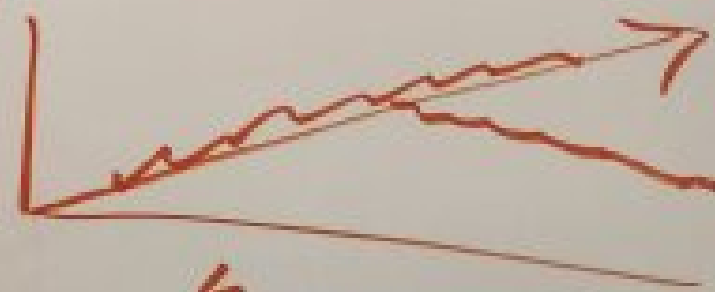
Normal

220 - Age  
Max HR.



60-70  
80  
+  
%

169  
168



water

1 Word

- Invigorating

- Intriguing

- Fun

- Motivating

- Informative

- Refreshing

- Insightful

- Enlightening

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