GET OUT OF YOUR WAY
Sometimes the thing that is holding you back...

...is all in your head.
PURPOSE
Google

“To organise the world's information and make it universally accessible and useful”
“Your Listening, Caring Partner”
“We are ladies and gentlemen serving ladies and gentlemen”
5 factors that will make YOU a top performer
1. IMMERSION

"If I had an hour to solve a problem, I'd spend the first 55 minutes thinking about the problem, and the last five solving it."

- Albert Einstein -
2. SINGLE-TASKING
MULTI-TASKING = SWITCH-TASKING

SCATTERED THINKING = SCATTERED BRAIN

OVER STIMULATION = POOR PERFORMANCE
DONE = DONE
BLUE
RED
WHITE
GREEN
BLUE
RED
The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.

Alvin Toffler
3. LEARN. UNLEARN RE-LEARN

- Learn to pluck your own feathers!
- Embrace ambiguity - “yes, and…”
- Make new learning stick
4. THRIVE

- Make work meaningful
- Invest in energising Relationships
- Thrive outside work
5. INTREPIDITY
Let’s Recap
<table>
<thead>
<tr>
<th>BAD</th>
<th>BOLD</th>
<th>WISER</th>
</tr>
</thead>
<tbody>
<tr>
<td>HARD</td>
<td>TOUGH</td>
<td>STRONGER</td>
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<tr>
<td>COOL</td>
<td>CALM</td>
<td>TOGETHER</td>
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</tbody>
</table>
THANK YOU

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