

energy health performance... CORE PRINCIPLES PROGRAM

*how to respond to stress, burnout, and rapid change,
and improve performance by building energy health
& resilience for work & life*



About Dr Sean & Kate Richardson - Co-Founders

A Performance Psychologist, Sean intuitively understands what makes people tick, having studied extensively how people perform under stress & pressure. With a PhD on Burnout & Energy Health, he knows that getting people to perform at the highest levels requires a fine balance across pushing hard and balancing health and recovery. He knows you can't get high performance results without working with the human element, particularly when it comes to managing our most precious resource - energy! Sean teaches the brain & behavioural drivers for people striving for excellence in achieving their goals; yet, he grounds his insights in a context of deep human care.

Kate has pursued studies as a certified Health and Wellness Coach, adding a thorough understanding of psychology, habit formation, and mindset & behaviour change to her resume, providing for a deeper, therapeutic interaction with clients.

Kate has also learned a thing or two along the way about high performance. As a professional singer with 20 years on-stage, having to be her best in front of audiences of thousands, Kate has first hand experience with the challenges created by increased stress and depleted energy health. But she also knows what it is like to smash it as a rockstar, stepping onto the stage to the perform under pressure with a full tank, performance-ready.

Kate is passionate about helping people create permanent positive change in their health, fitness, wellbeing and performance.

How are you coping with stress & burnout and responding to ups and downs in your energy? How are these affecting your performance? The performance of your team and your business?

Optimal health & performance are not just about hard work and accountability, they are also about being human and managing the normal limits of output. Forward thinking individuals, businesses & organisations respond proactively to health concerns like burnout and fatigue, hot topics today, as we are looking to support people at a human level, while striving for higher performance, particularly in our current work context of WFH and hybrid teams.

Burnout is now the #1 reason people leave their current employment. Burnout is costing an average of 41 days of lost productivity. AND it's not just the frontline, leadership & key talent are taking on the brunt of the overload and at most risk.

Kate & Sean from the Energy Health Team bring you the latest from Dr Sean's doctoral research on burnout & energy health in high pressure environments to show you how to develop discipline around recovery, build resilient mindsets and behaviours to prevent burnout, boost productivity and stress-proof your life.

In this program we look at the links between stress, energy demands, health and performance in your life, including the following...

- ☼ Science of multi-category stress and recovery
- ☼ Tools to prevent burnout and build your energy health
- ☼ Developing & applying resilient mindsets to work & life
- ☼ Exploring strategies to reduce stress and support energy recharge

This program shows you how not only to respond to stress & burnout effectively, but how to prevent negative outcomes, & build personal resilience, leading to:

- ☼ increase in productivity & performance
- ☼ increase in mental & physical health
- ☼ decrease in sick leave
- ☼ substantial increase in morale & happiness



I just wanted to say how thrilled I feel to be involved in the Energy Health Program.

I have personally taken so much out of all the sessions and really feel like I'm able to implement the tools into my business & life. I am also honoured to be part of the Team to deliver this extraordinary workshop to individuals and organisations!

I'm certain, with the pace that life is taking so many individuals, the program will help people understand themselves, and learn the changes they can make to their energy management. Collectively, we will make life happier, healthier and better! I'm so proud to be a part of it :-)

~ Brooke Hanson OAM, Olympic Gold and Silver medallist, Lane 6 Australia P/L