

KINIZN

CHANGE FOR THE BETTER

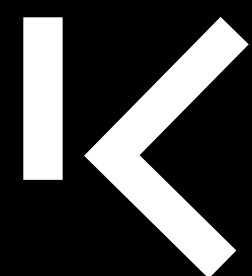
WHY PERFORMANCE COACHING?

“GET A COACH”

Replied Eric Schmidt, the former CEO and Executive Chairman of Google, when asked for the best advice he every received.

**“A COACH IS SOMEONE WHO WILL TELL YOU WHAT YOU DON'T WANT TO HEAR,
WHO HELPS YOU SEE WHAT YOU DON'T WANT TO SEE, SO YOU CAN BE WHO
YOU HAVE ALWAYS KNOWN YOU COULD BE”.**

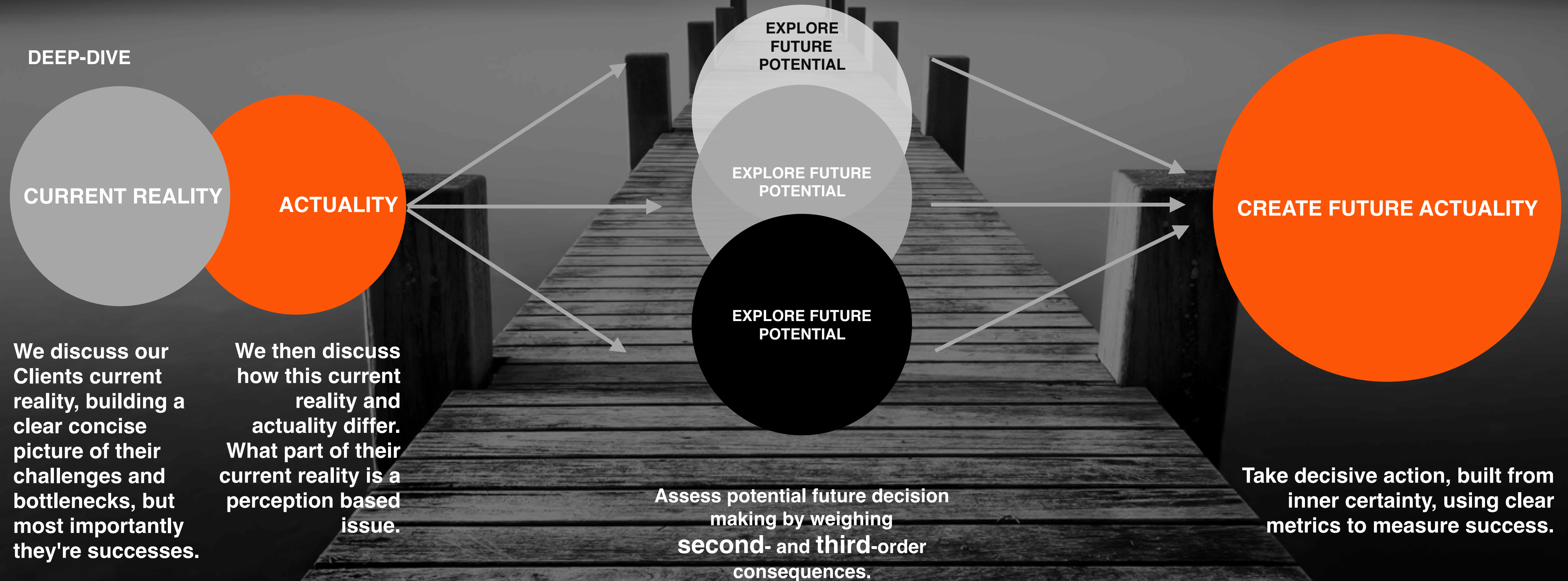
TOM LANDRY



MIND-SPACE

KAIZN METHODOLOGY

At Kaizn we help our clients develop their own “Mind-Space” practice, unlocking new potential. Why? because most people never have the time or “Mind-Space” to stop and explore their options in an environment without judgement.



INSPIRED ACTION

VALUES

The study of axiology (human Values) stipulates that everyone has a unique hierarchy of values, which we each use to order our reality. Our highest values formulate our “Telos” (end in mind, purpose, goal) and the “logos” (reason or explanation).

THE CHOICE WE FACE EVERY DAY IS WHETHER TO GET INTO INSPIRED ACTION, FOLLOWING OUR PURPOSE, OR LIVE IN OUR COMFORT ZONE, TRYING ONLY TO FULFIL OUR SHORT TERM NEEDS AND WANTS.

THOSE WHO DO NOT LIVE WITH INSPIRATION IN THEIR LIVES ARE STUCK IN THE NEED TO, OUGHT TO, AND HAVE TO SPACE. THEY DO NOT DO WHAT THEY LOVE, NOR LOVE WHAT THEY DO.

MOST PEOPLE SPEND THEIR LIVES ENVYING, IMITATING, AND LIVE THEIR LIVES ACCORDING TO PEOPLE THEY SUBORDINATE TO.

We work best in accordance to our highest values.
Understanding our values, and that of others,
increases the probability of successful outcomes.

MIND-STATE

FINDING YOUR FLOW

The convergence of psychology, neuro-biology, pharmacology, and technology have allowed us to map human performance and how we enter into flow.

FLOW SITS AT THE HEART OF ALMOST EVERY ATHLETIC CHAMPIONSHIP, UNDERPINS MAJOR SCIENTIFIC BREAKTHROUGHS, AND ACCOUNTS FOR SIGNIFICANT PROGRESS IN THE ARTS.

FLOW IS WHAT HAPPENS WHEN CULTURE, PURPOSE, TEAMS, AND LEADERSHIP ALL FLOURISH INSIDE AN ORGANISATION – EMPOWERING PEOPLE TO DO THEIR BEST WORK.

PSYCHOLOGISTS DESCRIBE FLOW AS “AUTOTELIC”, FROM THE GREEK AUTO (SELF) AND TELOS (GOAL). FLOW IS THE STATE OF ACHIEVING ONES CHIEF AIM, PURPOSE, TELOS.

REAL PERFORMANCE IS LINKED TO PURPOSE

THE DEFENCE ADVANCED RESEARCH PROJECTS AGENCY (DARPA) CREATED A US NAVY SEAL FLOW TRAINING CAMP. THE RESULTS FROM THE WORK WERE ASTONISHING.

200% INCREASE IN CREATIVITY,
490% INCREASE IN LEARNING,
500% INCREASE IN PRODUCTIVITY.

“Defined as an “optimal state of consciousness where we feel our best and perform our best, flow refers to those “in the zone” moments where focus gets so intense that everything else disappears. And all aspects of performance, both mental and physical, go through the roof.

David Foster Wallace.

KAIZN

METHODOLOGY

OPTIMISATION

Benchmark current reality and start to build a plan for optimisation of self and business.

We use Mind-set, Mind-State and mind-space practice in order to Unlock previously used mental bandwidth by equilibrating the mind, and re-wring our neurology to support future outcomes and not react to previously acquired motor sensory experiences.

PERFORMANCE

We create daily, weekly, monthly schedules that support business growth and personal life balance.

Co-create programmes that support people in their business and personal life, not make it more stressful.

We aim for the minimal disruption in return for the maximum outcome.

- Optimisation of sleep,.
- Personalised Nutrition,
- Mindful Practice.
- exercise,
- Digital minimalism,
- meaningful connection

TRANSFORMATION

Create clear, aligned, realistic vision for business growth.

Clear Plan and buy in of necessary participants

Clearly defined goals within vision - that are within the 4% challenge/skills ratio to optimise performance.

Clearly defined metrics for success to take the emotion of evaluation.

INTERNALISATION

Co-Creation of “traction metrics” to monitor and adjust agreed strategies accordingly.

Continued coaching support in evolving your vision upon reaching significant milestones.

WHAT CAN THE KAIZN METHOD GIVE YOU?

BUILD A POWERFUL **GROWTH MINDSET**

IMPROVE YOUR **CREATIVE THINKING**

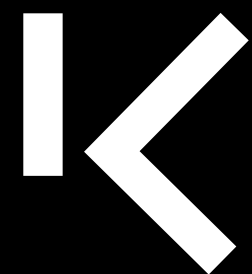
INCREASE YOUR **COGNITIVE FUNCTION**

GROW YOUR **EMOTIONAL INTELLIGENCE**

OPTIMISE YOUR **SELF MANAGEMENT**

ABILITY TO MAP REAL **SUSTAINABLE GROWTH**

INCREASE YOUR ABILITY TO **MANAGE COMPLEXITY**



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