



THE
ENERGY
INCUBATOR

Wellbeing | Sustainability | Performance

Sue Fuller-Good passionately helps companies and their people to pulse with energy, to feel vibrant and resilient, to be engaged and focused. Everyone benefits when people are thriving, when people feel great, they perform at their best.



• The Adrenaline Serotonin Seesaw

- People need some stress in their lives, but too much is disabling and harmful. With too much unmanaged stress, engagement goes down, presenteeism goes up, productivity is reduced and eventually absenteeism goes up too. People need to know how to stay away from **dis**-stress and keep themselves feeling good through deliberate and effective self-care - and living so they have enough “feel good hormones” pumping. That’s why they need this talk. It draws on stories and experiences to get its point across. It’s highly interactive and is built to shift beliefs, change behaviour and create lasting change and enhanced engagement with super-performance. The outcome: managed stress that motivates, and doesn’t cause distress, positivity, can-do attitude, resilient engaged staff.

• Burnout-Free and Pulsing with Energy

Why wait until burnout is a reality and calamity has hit? Act today and be wise and preventative. Burnout is a big risk for people in the workplace, at this time. It’s a hugely expensive problem for companies. It can and must be prevented. This talk empowers listeners to be preventative. Can you and your team really afford not to listen? It’s a fine line between thriving and not thriving, and often people don’t recognize just how fine the line is, until they are on the wrong side of the line. Listen to this talk and learn to employ techniques that keep the crucial energy tap open and the energy bucket full. This requires balance and self-care. The outcome, energized people who are engaged, creative, effective, productive, positive and enthusiastic. People who are able to look forward and move forward. Information, is often not enough, people need to use it. This talk is

aimed at changing behaviour and from there wellbeing, resilience and engagement. When people “feel good they do good”.

• Mindful and Fully Alive

This talk or workshop is brimming with mindfulness practice, cognitive behavioural therapy and acceptance and commitment therapy tools and techniques to keep your staff feeling calm, centred and connected and knowing how to re-create that for themselves whenever they lose it. In the crazy world at work right now, this is a workshop everyone should attend at least once. People need tools to help them cope! Mindfulness techniques and insights not only keep people thriving, but they enable engagement and energy, focus and creativity, resilience and adaptability, which are all key competencies in the world at work right now. This essential talk can be presented as a 90-minute keynote, a full or half day workshop, ideally with a follow up session to bed down learning 30-60 days after the first session. Give your staff the tools they need so they are equipped to be productive and perform at their best, stay focused and resilient despite the chaos in the world.

• Communication and Relationship Building Between Followers and Leaders, and between Team Members and Colleagues

Everything rests on good communication. All relationships depend on it. It is not learnt in school, and neither is it intuitive. It needs to be taught, instructed and practiced with guidance. That’s exactly what this workshop provides. This workshop can be done in two formats:

1. Using The Enneagram as the anchor
2. Through a “Personal Mastery and Your Relationships” lens.

The outcome of this workshop is:

- Enhanced active listening,
- More effective speaking,
- Taking ownership for feelings and emotions and deliberately not blaming.

The outcome of all these core competencies, is better relationships and improved team working, happier and more engaged staff and an improved culture of collaboration. This is done as a half or full day workshop with a recommended and optional follow up session 6 weeks after the first session.

• Poised on a Precipice

Confronting change and facing uncertainty are integral to life today. A life-changing accident that Sue experienced, when she fell from the top of a high mountain, requiring airlifting and an 8-hour rescue operation, drove home the insight that change is inherent in everyone’s life, and uncertainty is something people must get used to feeling. The tools that got Sue through this accident and back to health are the same tools she had been talking and writing about for years, but now she has personally put them to the test, and they work! This riveting talk is useful for

anyone who has “fallen off their own cliff face” in their life and found themselves at ground zero and needing to dust off their knees, rebuild and reboot. The outcome: resilience, adaptability and positivity.

- **The Route to Effective, Difficult Conversations and Success in Communicating and Engaging in Conflict.**

Communication is the most important ingredient in relationship building and is also the most difficult thing to master. Real active listening requires countless skills that need training and mastering. Clear and concise speaking needs practice. Listeners need to learn to use their body language to help them, to stay mindful and calm and to focus on hearing what is being said as well as expressing their own viewpoint! This workshop involves actually *doing* the communicating and not just learning the how. You can't learn to swim by standing on the side of the river or reading a book, and neither can you master active communication without getting stuck in and being guided. This is a must have workshop for all in the workplace. Unresolved conflict is the biggest cause of stress and disengagement in working people today. For staff to stay engaged and present, there needs to be a culture of respect, inquiry, tolerance and inclusion. All are fostered by effective communication and self-awareness. This full day workshop changes culture and builds relationships. It is best done in an ongoing learning style with a follow up session 6 weeks after the first intervention.

- **The Race you are Running : 11 Dimensions of Health**

This talk (or workshop) unpacks the multidimensional subject of wellbeing (Wellbeing is constructed by 11 integral domains, according to Sue Fuller-Good's wellbeing model). No-one can succeed and remain sustainable in the world today without wellbeing and without prioritizing their very precious and easy-to-lose-health. But what to do? What does “**self-care**” really mean? How do you **protect your mental health** in the world of uncertainty and stress? The minefield of mental health challenges is unpacked in this talk and all the dimensions of wellbeing are broken down, so listeners can evaluate their personal state of wellbeing and assess their own energy levels and see what they need to do to enhance their vitality. This talk is practical, and insight filled. It's not a nice to have, it's a must have! If you don't know exactly what steps you need to take and where to start, it's easy to do nothing and procrastinate doing anything. This talk will get listeners out of the starting blocks and show them how to move systematically and consistently towards thriving, pulsing with energy and being capable of high performance. The outcome: energy, focus, resilience and sustainability, all core competencies in the world at work.

- **Say “No” to Enable your “Yes!”**

This experiential talk shows how life is a precious adventure, people need to be open to whatever comes their way. But sometimes to be able to enjoy what life is offering, people need to get better at saying “no” when they need to. People need to be able to subtract and not just add to their lives. This requires active choice making and deliberate focus, avoiding “shiny new object syndrome.”

Being free to take your foot off the break at the right time and slam it back on when you need to, are essential life skills. Few people have this mastered. This talk will change the way people think about “yes, no and maybe,” forever. Empower your staff to find work-life balance and feel resilient and energized, by booking this keynote which can also be done as a half day workshop.

• Ergonomically Empowered

Knowing how to organize and set up your workspace is integral to high performance. Causing pain by standing or sitting with poor posture, moving too little, leaving your body being strained by your workplace, limits performance. Let Sue do an ergonomic assessment of your office and /or give your staff a talk on ergonomics, empowering them to set up their workstations, their bedrooms, cars and lives for their best advantage. Let her teach your staff pause exercises that keep their bodies in an optimal state of health so they can engage at the highest level, every day.

You need your staff engaged and energized and you need your company to have a culture in which people do what it takes to thrive. Sue Fuller-Good will move your organization in a stepwise fashion to create a culture of self-care and valuing body-mind wellbeing so everyone performs at their best every day, with resilience.

• Your Choices Today Inform Your Biology Tomorrow

No one knows exactly what the world will look like tomorrow. It's daunting to have so little predictability to rely on. You can only control what **is** within your control, and you must endeavour to let go of all that's **not** in your control. The one thing that is totally within your control AND predictable is the choices you make about your wellbeing. To thrive tomorrow, you need to be feeling vibrant and alive, have energy and vitality and have clear focus and brilliant creativity. What you do today is determining whether you have wellbeing and sustainable energy to rely on as resources, tomorrow.

What **IS** known about tomorrow, is it's being created today. This talk will inspire listeners to make the choices, they are making today, wisely and with conscious awareness.

There are 11 domains to wellbeing and all of them are inextricably linked. If even one of these domains is not flourishing the whole house of cards comes tumbling down. Listening to this eye-opening talk will enable listeners to focus on the blind spots they may have and on the areas that are less in their awareness, so the house of cards can be stable and reliable for them to lean on.

When people are pulsing with energy, they inspire everyone they engage with to pulse along with them.

- **Move Your Way to Energy and Balance through FABES (Fitness, body Awareness, Balance, Elasticity and Strength). This is a “Piloga” class.**

People need core strength and flexibility. They need their brains connected to their bodies. When they have strength and flexibility in their bodies their minds follow. This neuro-piloga class, peppered with nuggets of valuable insight is an experiential learning session which is great as a stand-alone intervention or as an effective rejuvenator at a bigger event. It can be part of a conference or mark the start/finish of a strategy session or other engagement that requires massive brain strain. Doing an exercise program is surprisingly helpful. Movement shifts emotion. This program can be designed to suit your time and number needs. It can be delivered online or in person. Delegates come dressed to move and get a chance to work out in a safe and effective way, with guidance. It's fun and it is built to leave participants with easy-to-use-pause exercises to keep them flourishing as they go forward.

To book Sue, please contact us on 076 147 0004

Sue will put together a bespoke talk or workshop for your organization, combining components of all these talks or on an array of other subjects in the high engagement, resilience, agility and performance arenas.

**Contact her to discuss your requirements now.
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