

PERFORMANCE + WELL-BEING



Job satisfaction has plummeted.

High stress is the new normal. Companies are losing people. Yet many who leave for greener pastures end up no better off.

How can we achieve incredible results without burning out ourselves and our teams?

Based on work with hundreds of professionals and teams, one common element is clear. The most successful individuals and teams on any measure instinctively understand what decades of research into flow states have taught us: performance and well-being are inextricably linked.

Performance + Well-Being = Success

If you want to transcend overload and stress, achieve results, and love the work itself, there are 4 key areas for individuals and teams to master:

- Your strategy, priorities, workload management, and creative use of leverage
- Your personal productivity and work habits
- *How you work*, including your use of techniques for maximizing energy and well-being at work
- How you set yourself up for success *outside of work*



"The workshop program was fantastic. People's energy is renewed and we are tackling our goals with new focus. I highly recommend leaders offer this to their teams. Post COVID employee engagement will be critical to the new reality in corporate America. Mike has begun to create a roadmap to help us navigate these stressful times."

— Dan Wille, VP Product Development & Engineering

If you're drawn to elevating performance and well-being, here are 3 ways to begin:



TEAM PROGRAMS, WORKSHOPS & KEYNOTES: Learn the core performance + well-being principles, initiate action, and reap results through workshops, keynotes, and custom programs combining workshop(s) and 1-on-1 work.



1-ON-1 EXECUTIVE COACHING: Take performance + well-being to a new level through individual sessions tailored to your needs and aspirations as a leader.



MANAGEMENT CONSULTING: Execute the principle of creative leverage – contract an experienced consultant and executive 'right hand' to lead your special project, support strategic planning, or build your executive presentation.

More of a do-it-yourselfer? Start with a 21-Day Energy Challenge. Learn more at www.mikekav.com/21days

"Energy is the fundamental currency of high performance."

Dr. Jim Loehr | World-Renowned Performance Psychologist



Mike Kavanagh is a champion for human and organizational well-being and performance. He has served as an advisor to Fortune 500 executives, led teams as a C-suite executive, and coached individuals and teams on the strategies and tactics central to the performance + well-being equation. Kavanagh is the author of several books, including the Amazon Bestsellers *Coach's Plan* and *The Successful Manager*.