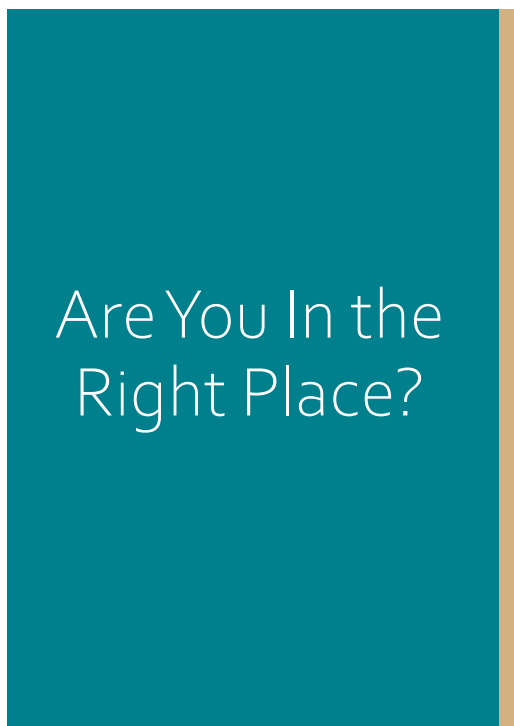




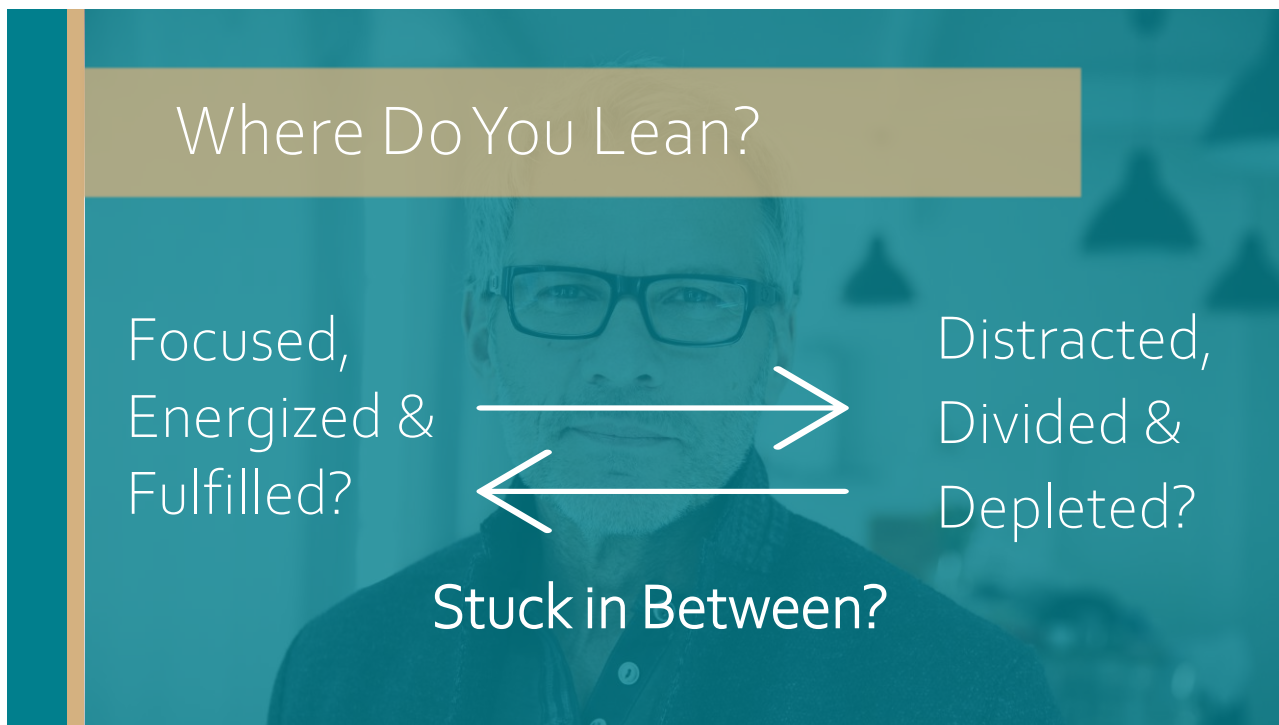
1



2

## Do you want this to be the year you...

- ✓ Achieve more and stress less?
- ✓ Align success and wellbeing?
- ✓ Have fun AND get more done?
- ✓ Amplify your energy, fulfillment and impact in work – and life?

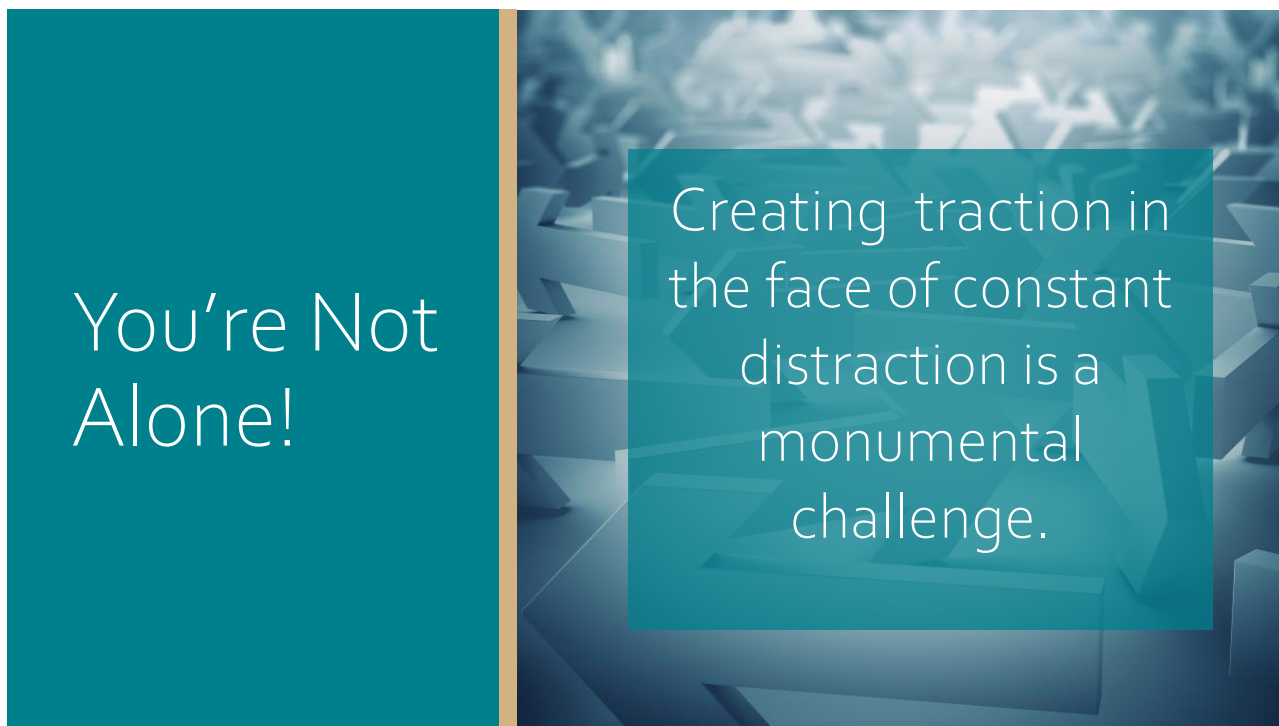


# Where Do You Lean?

Focused,  
Energized &  
Fulfilled?  $\longleftrightarrow$  Distracted,  
Divided &  
Depleted?

Stuck in Between?

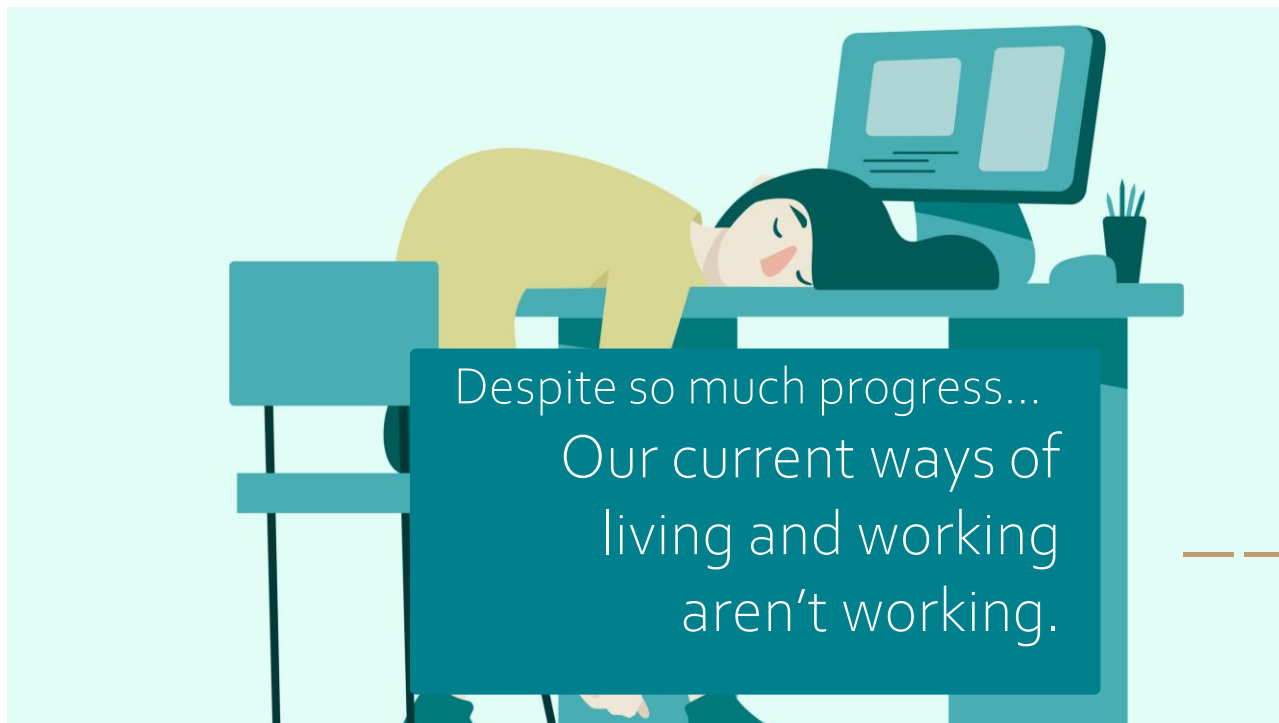
3



# You're Not Alone!

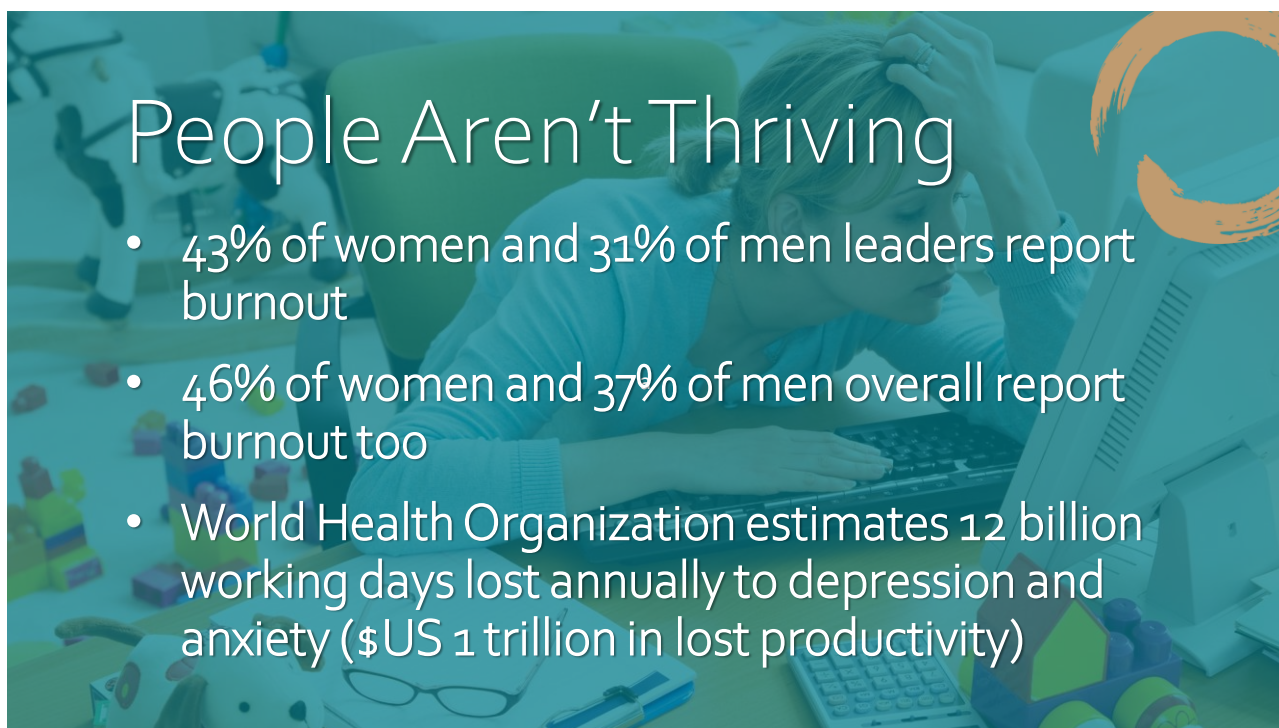
Creating traction in the face of constant distraction is a monumental challenge.

4



Despite so much progress...  
Our current ways of  
living and working  
aren't working.

5



## People Aren't Thriving

- 43% of women and 31% of men leaders report burnout
- 46% of women and 37% of men overall report burnout too
- World Health Organization estimates 12 billion working days lost annually to depression and anxiety (\$US 1 trillion in lost productivity)

6



What if It  
Could Be  
Easier?



9

Where Are  
We Headed?



## You'll Discover

- Why "balance" is elusive
- How to get unstuck
- How to grow your energy, focus, fulfillment & success – for good!

10



## My Three Paths

1. Thriving People
2. Thriving Workplaces
3. Thriving World

11



# 3 Decades

Creating a New Vision of Work

12



13



14





# 1000s of People

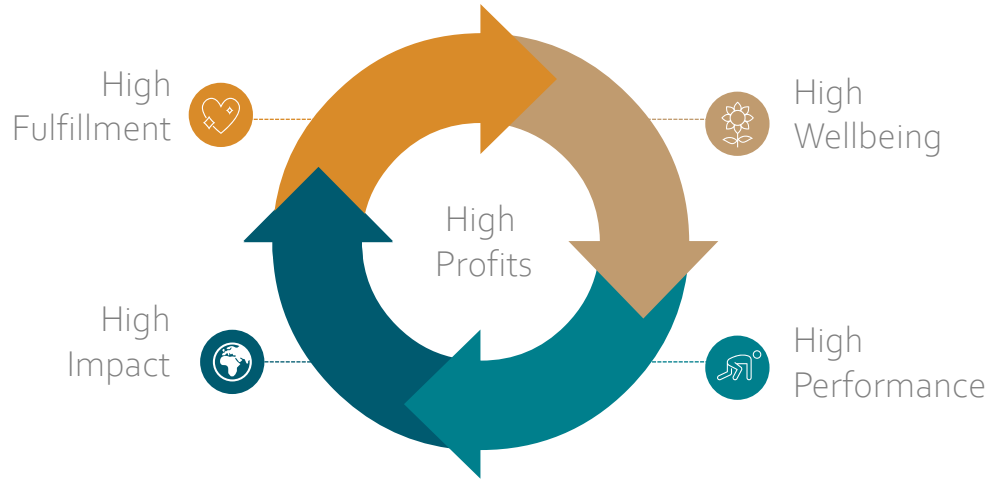
Growing Performance, Fulfillment & Potential

15



## A New Vision of Work

One Where Everyone Thrives



16

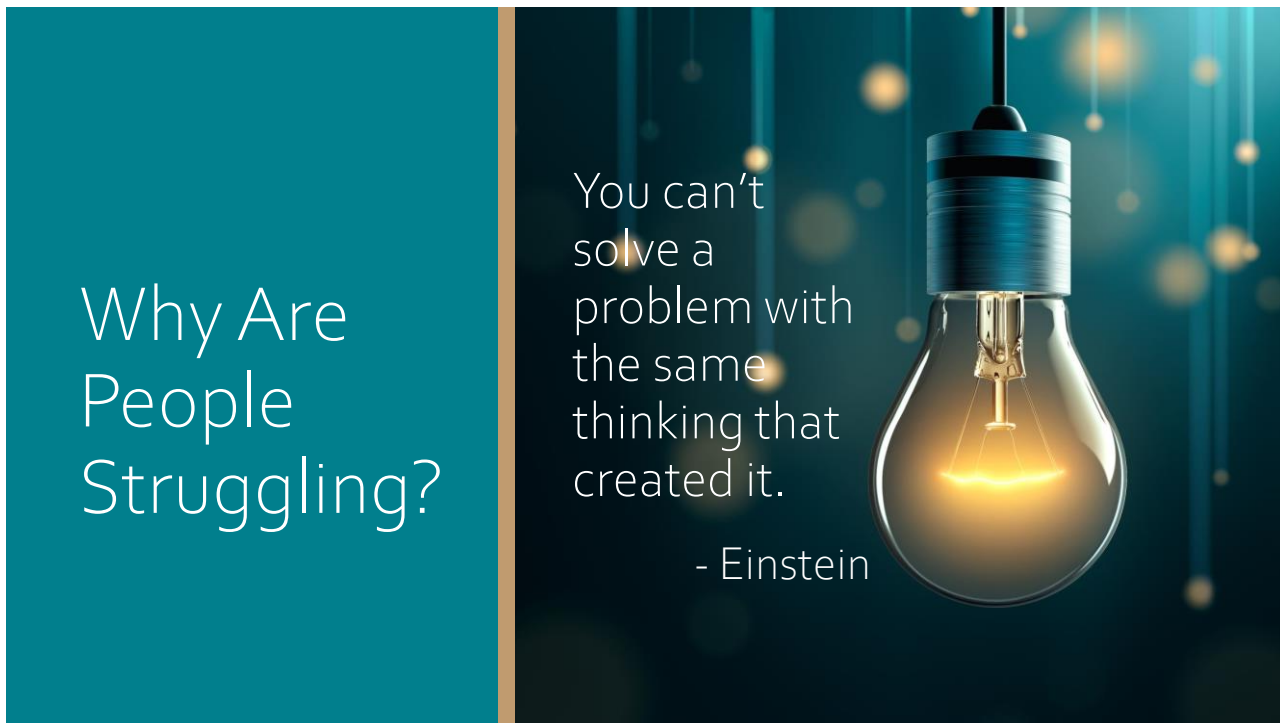




17



18



Why Are People Struggling?

You can't solve a problem with the same thinking that created it.

- Einstein

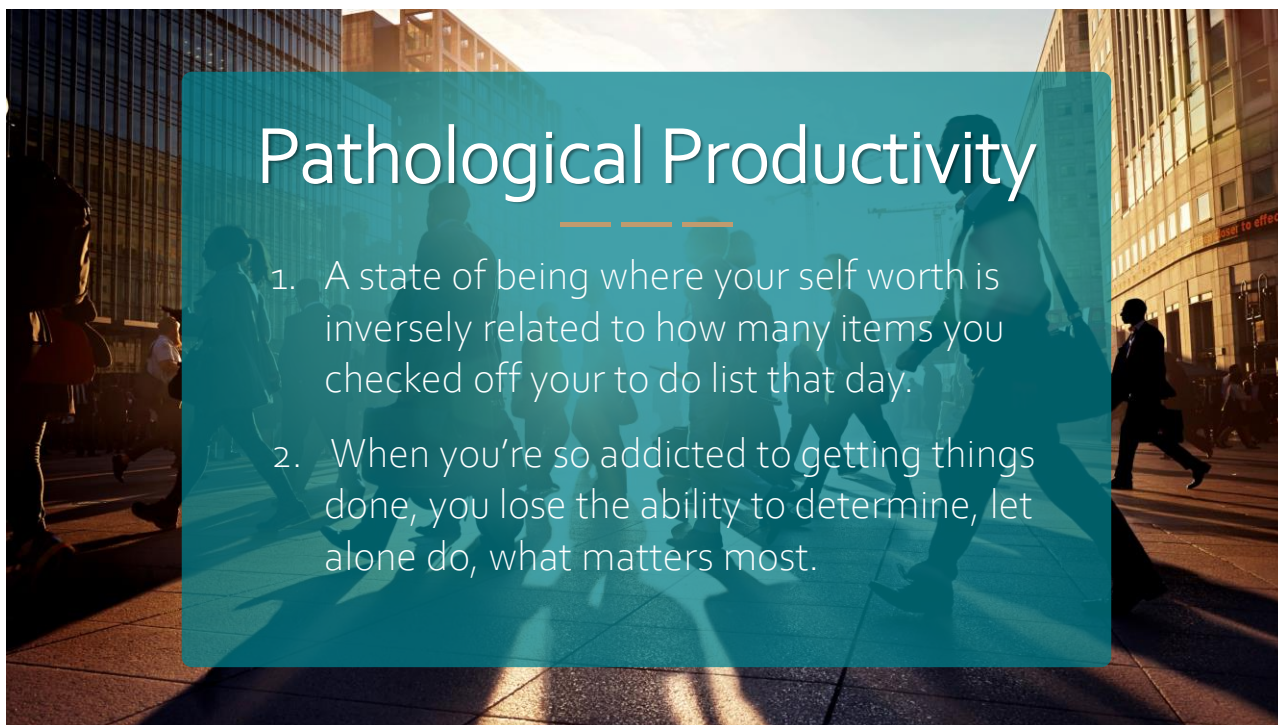
19



Misguided Success Strategies

1. Chasing Productivity

20



## Pathological Productivity

1. A state of being where your self worth is inversely related to how many items you checked off your to do list that day.
2. When you're so addicted to getting things done, you lose the ability to determine, let alone do, what matters most.

21



## Misguided Success Strategies

1. Chasing Productivity
2. Pursuing Perfection

22

Perfectionism  
Invites External  
Comparison &  
Competition

Authenticity Embraces  
Diversity & Fuels Passion



23

### Misguided Success Strategies

1. Chasing Productivity
2. Pursuing Perfection
3. Longing for Balance

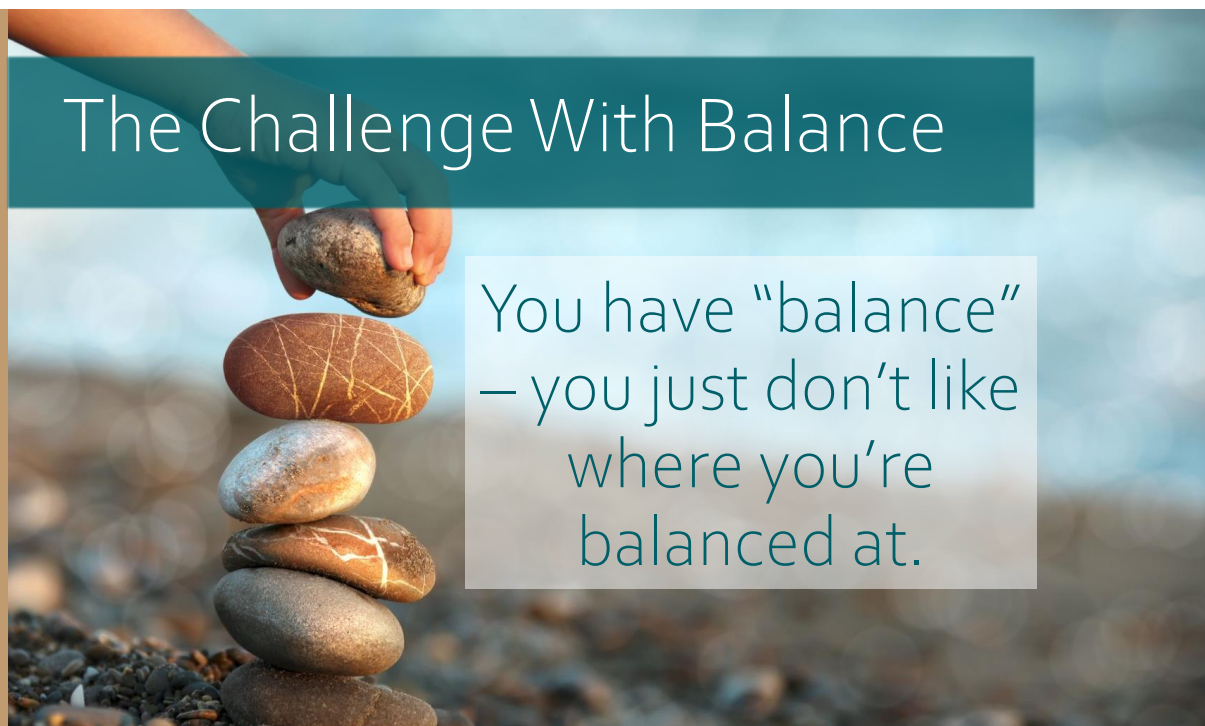
24

# The Challenge With Balance



25

# The Challenge With Balance



You have "balance"  
– you just don't like  
where you're  
balanced at.

26

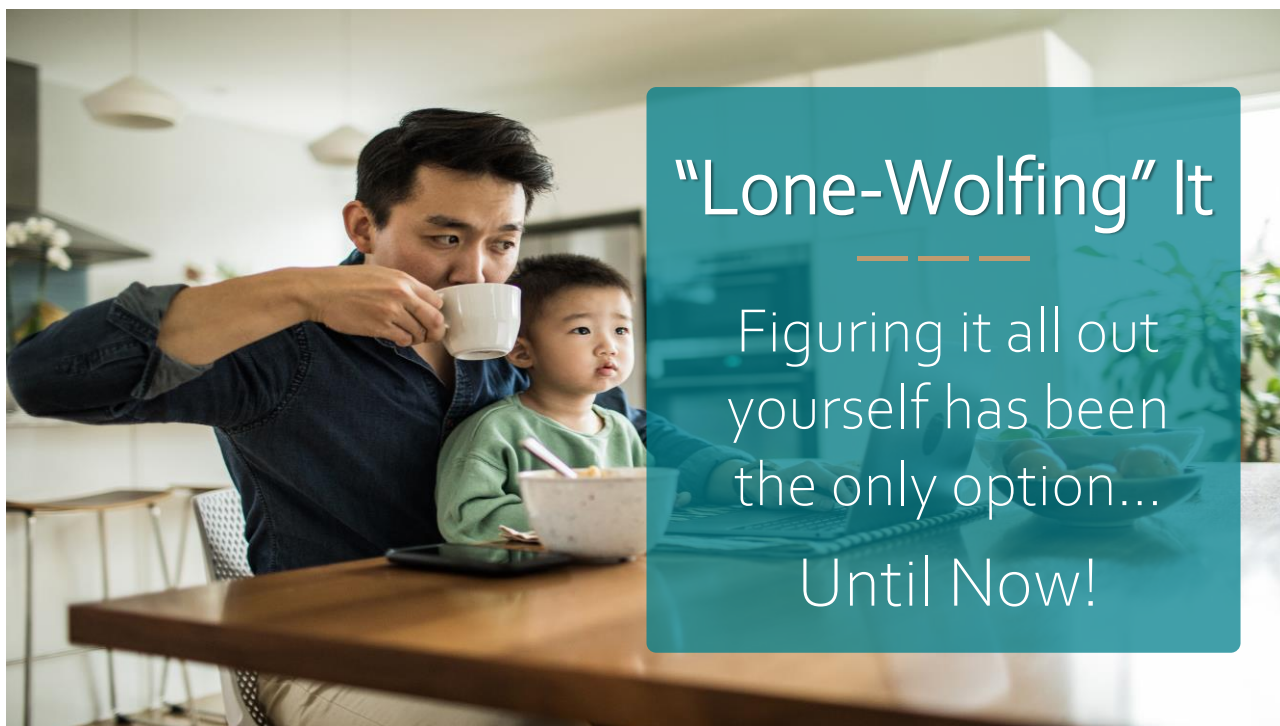
## What You Really Want:

# Change!

- More of...
- Less of...



27



## “Lone-Wolfing” It

Figuring it all out yourself has been the only option...

Until Now!

28



29

## A New Vision (& Strategies) for Success



30



# The New Vision

## Life-Work Integrity®

*A state of alignment between who you are, what you do in all areas of your life and work, and a world where everyone thrives.*

The Foundation of Energy, Wellbeing & Resilience

31

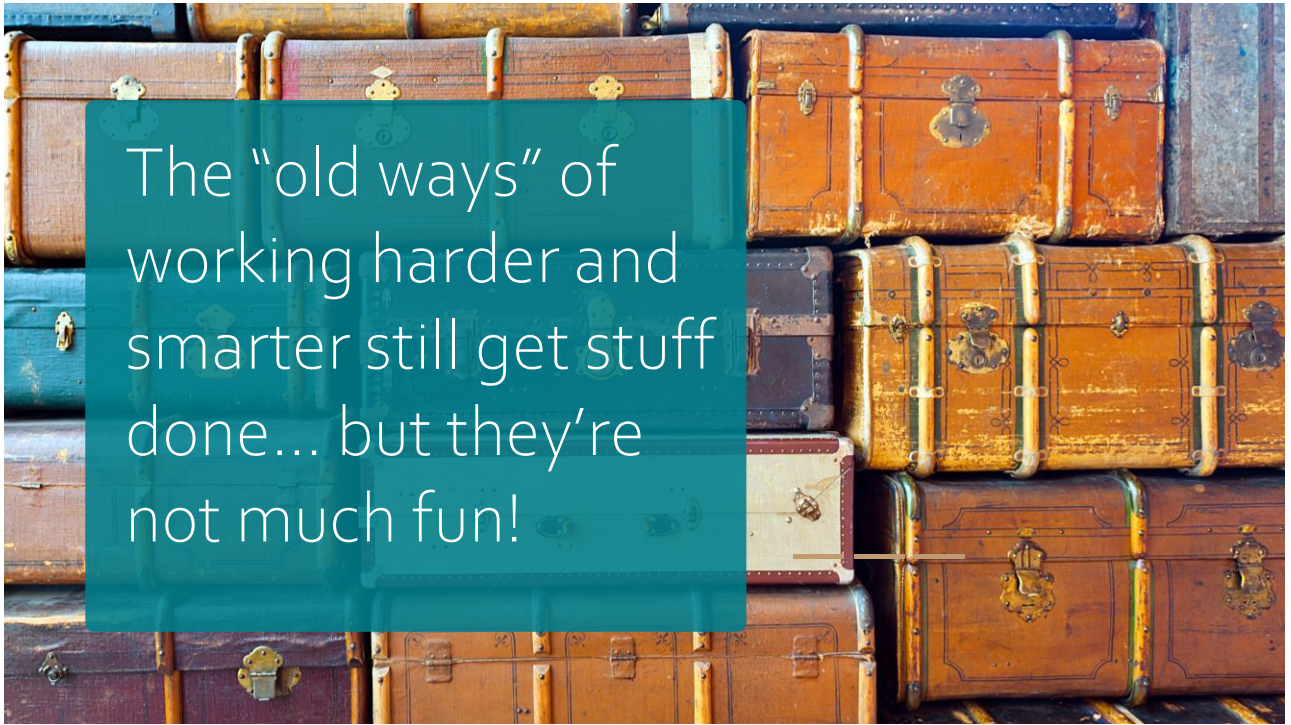


## The New Strategies

1. Follow Purpose and Passion to Fuel Impact
2. Embrace Authenticity to Amplify Potential
3. Lead Self to Lead Transformation

32





The “old ways” of working harder and smarter still get stuff done... but they’re not much fun!

33

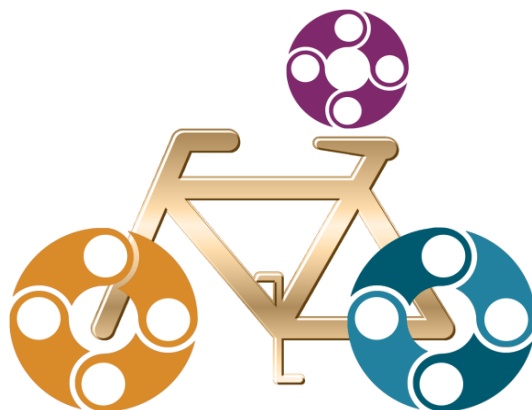


Learn to...  
**Work Wiser!**

34

# It's As Easy as Riding a Bike!

## The Kyosei Thrive Bicycle™



35

The Self-  
Leadership  
Fundamentals:

Mastery Makes  
Everything Feel Easier

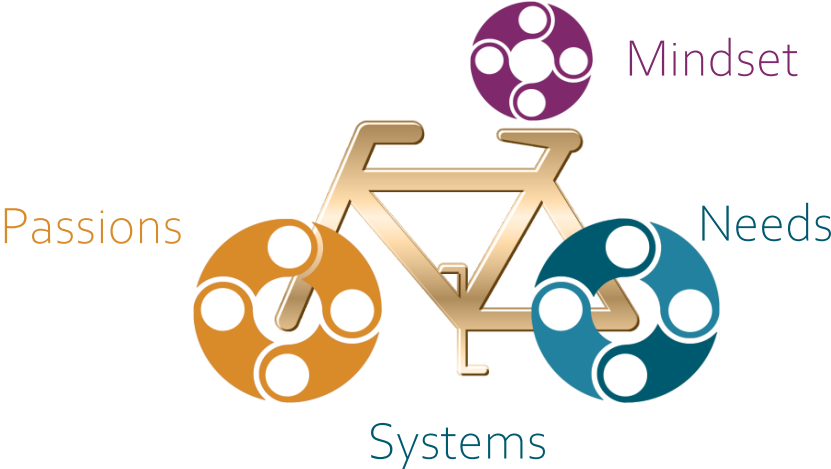
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# The Kyosei Thrive Bicycle™

The 4 Factors of Thriving in Life, Work and Leadership



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# 4 Drivers of Thriving in Life, Work and Leadership

## The Kyosei Thrive Bicycle™



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40

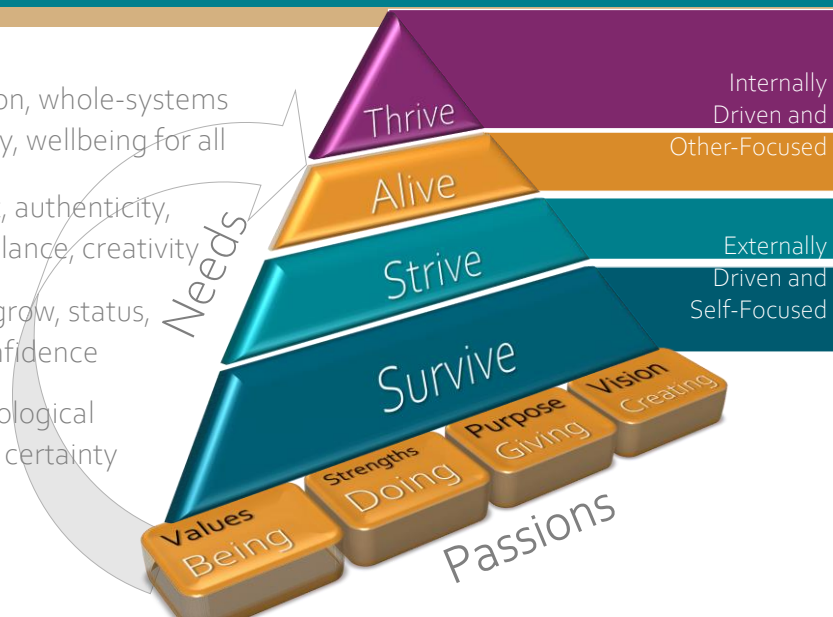
## The Kyosei Thrive Needs™: Which Are Pushing? Putting on the Brakes?

**Transformation:** Integration, whole-systems thinking, anti-fragility, humanity, wellbeing for all

**Differentiation:** Alignment, authenticity, flow, collaboration, purpose, balance, creativity

**Growth:** Achieve, compete, grow, status, stuff, recognition, progress, confidence

**Security:** Physical and psychological safety, belonging, love, control, certainty



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## Awareness is 90% of Change

1. Stop: What will I stop doing?
2. Start: What will I start doing?
3. Continue: What I must I keep doing?

42



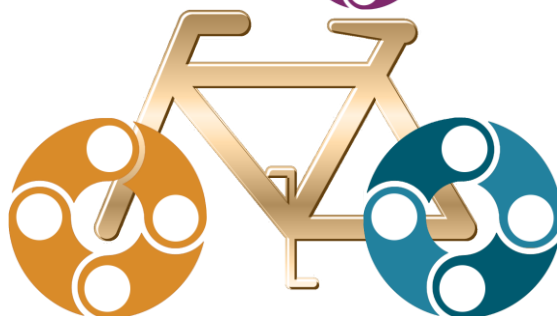
43

99% of Success is Mindset

Mindset  
Drives



Driver Sets and  
Corrects Course.



The Kyosei Thrive Bicycle™

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Where  
Attention  
Goes,  
Results Show

45

## Who Is In the Driver's Seat?



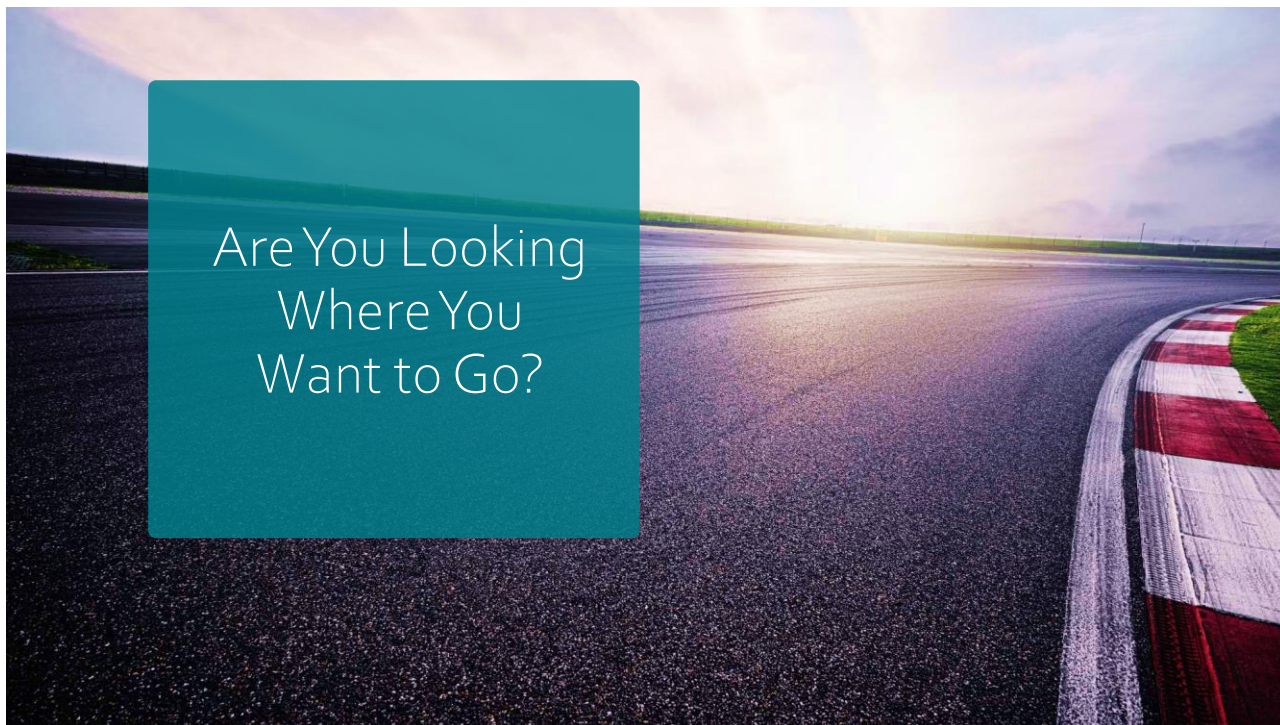
The Kyosei Thrive Bicycle™

### Mindset Drives

- Thrive: Leading Transformation
- Alive: Finding Fulfillment
- Strive: Getting Ahead
- Survive: Getting By

### Mindset Mirrors & Amplifies Needs

46



Are You Looking  
Where You  
Want to Go?

47

## How Do You Usually "Show Up" Each Day?

✔ | What are you focused on as you're driving? Are you looking where you want to go?

**Thrive**

**Lead Transformation:** Resilient, courageous, caring, patient, grounded, big-picture thinker, innovative



**Alive**

**Fulfilling Potential:** Authentic, purpose-driven, service-oriented, creative, self-aware, humble



✘ | Just notice where you're at. Don't judge. Awareness is 90% of change.

**Strive**

**Get Ahead:** Driven, impatient, competitive, confident, stressed, passionate (but sometimes pushy)



**Survive**

**Get Along & Get By:** Stay safe, react, status quo, tired, uninspired, disengaged



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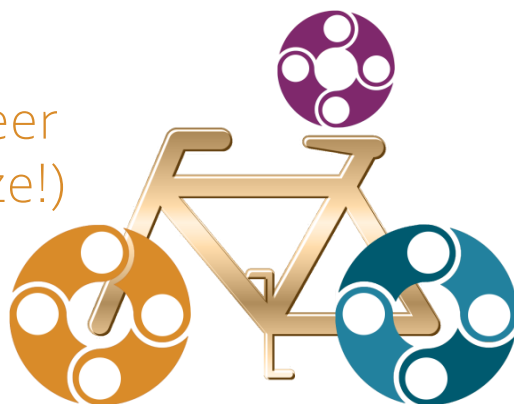




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## Why Passions Matter

Passions Steer  
(and Energize!)



The Kyosei Thrive Bicycle™

*"Good Tired"*  
Vs.  
*"Fried" Tired*

50



# Why Passion Matters

When You Start Fueling Passion, You Don't Need to Push Productivity

51

## 4 Drivers of Thriving in Life, Work and Leadership

The Kyosei Thrive Bicycle™



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# The Performance vs. Fulfillment Tug-of-War

## Fulfillment:

- Wellbeing
- Autonomy
- Authenticity



## Performance:

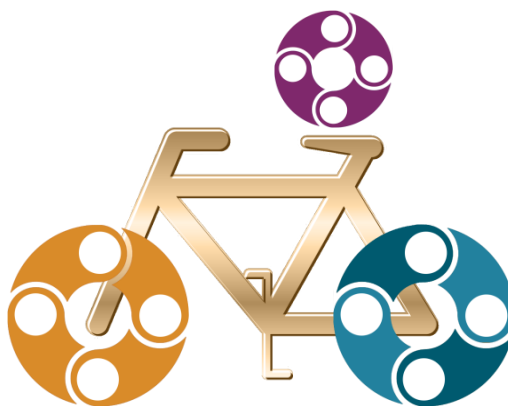
- Profit
- Productivity
- Results

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# Your 4 Core Personal Passions

## Passions Steer (and Energize!)

- Being: Values
- Doing: Strengths
- Giving: Purpose
- Creating: Vision



The Kyosei Thrive Bicycle™

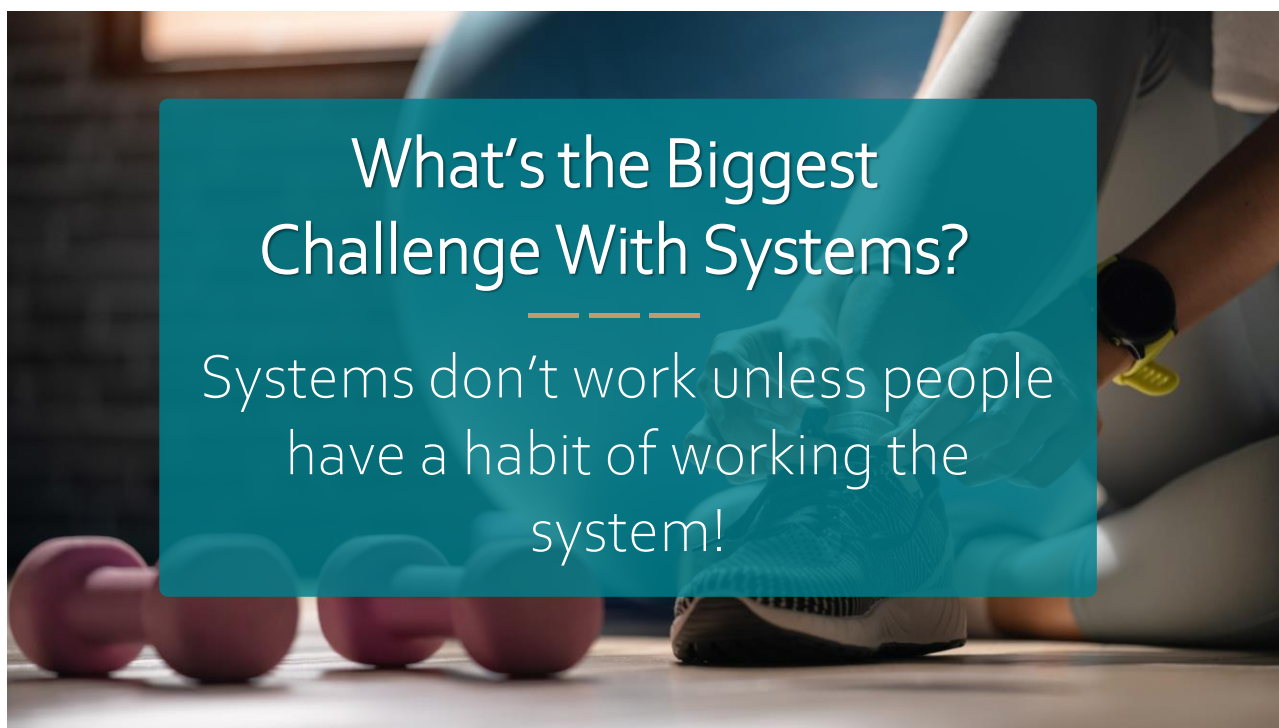
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## Why Systems Matter

Structure Creates Freedom

55



## What's the Biggest Challenge With Systems?

Systems don't work unless people have a habit of working the system!

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# Why Systems & Habits Matter

Systems & Habits  
Expand Potential by  
Creating Processes  
That Address Needs in  
Ways That Align With  
Passions

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Systems & Habits  
Connect & Optimize

57

A large, white, 3D question mark stands on a light-colored wooden floor against a grey wall. To the right of the question mark is a teal rectangular box containing text. The text includes a section header 'One Key Question' and a bullet point asking about creating systems or habits aligned with passions.

**One Key Question**

- What system or habit could I create to meet this need in a way that aligns with one or more of my Passions?

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# Why System & Habit Creation is a Leadership Essential

A leader is anyone who **takes responsibility for finding potential in people and processes** and has the courage to develop that potential.

- Brené Brown

59

## Pair Share: One insight or action idea from this model?

### The Kyosei Thrive Bicycle™

#### Passions Steer (and energize!)

- Being: Values
- Doing: Strengths
- Giving: Purpose
- Creating: Vision



#### Systems & Habits

Connect, Strengthen & Optimize

#### Mindset Drives

- Survive: Getting By
- Strive: Getting Ahead
- Alive: Finding Fulfillment
- Thrive: Leaving a Legacy

#### Needs Push (or put on brakes)

- Survive: Safety, stability, comfort, belonging, love
- Strive: Power, status, stuff, control, autonomy, achievement
- Alive: Authenticity, creativity, balance, meaning, freedom
- Thrive: Impact, integrity, legacy, transformation, alignment

60

# Keep Riding Towards Fulfillment



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