

Beyond Balance:

The 4 Keys to Thriving in Life, Work & Leadership



With Andrea Jacques

kyosei
WORK TRANSFORMED
Executive & Public Consulting International Inc.

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Are You In the Right Place?

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Do you want to...

- ✓ Achieve more and stress less?
- ✓ Stop compromising your wellbeing to achieve success?
- ✓ Have fun AND get more done?
- ✓ Fulfill your potential?
- ✓ Leave a legacy?
- ✓ Amplify your focus, energy, & fulfillment in work – and in life?

Leadership is Not a Title – It's a Way of Being




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

- Brené Brown

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The Challenge:

Before you can lead potential in others...



You Must Learn to Lead It In Yourself!

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Taking Stock: Where Do You Lean?




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

Stuck in Between?

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You're Not Alone!



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

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Burnout is on the Increase

- 43% of women leaders (46% of women overall) report burnout
- 31% of men leaders (37% of men overall) report burnout

Our "Success O.S." Pits Us Against Ourselves

Source: leanin.org/women-in-the-workplace/2022

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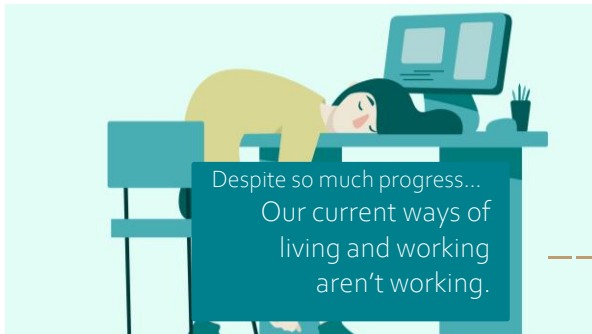
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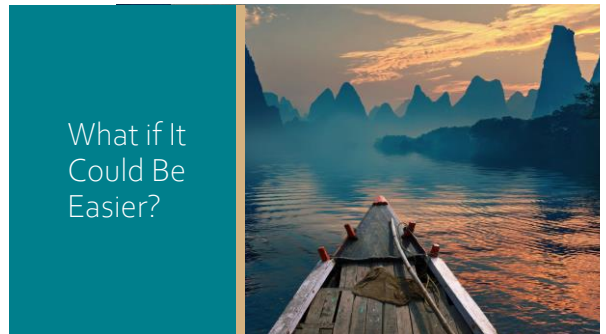
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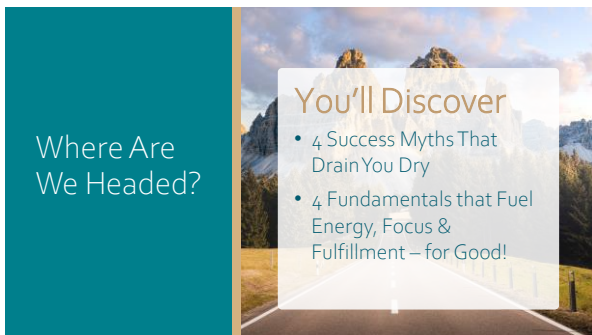
Despite so much progress...
Our current ways of
living and working
aren't working.

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What if It Could Be Easier?

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Where Are We Headed?

You'll Discover

- 4 Success Myths That Drain You Dry
- 4 Fundamentals that Fuel Energy, Focus & Fulfillment – for Good!

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My Three Paths

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

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Why You're Struggling

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

- Einstein




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The Kyosei Thrive Bicycle™

The 4 Factors of Thriving in Life, Work and Leadership

Mindset Drives



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Where Attention Goes, Results Show



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4 Masculine Success Myths That Drain Everyone Dry

1. Push Productivity
2. Pursue Perfection
3. Divide & Conquer (Lone Wolf)
4. Preserve the Balance (of Power)



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4 Feminine LeaderSHIFTS That Fuel Energy, Fulfillment & Impact – For EVERYONE!

1. Fulfill Potential & Practice Patience
2. Amplify Authenticity & Awareness
3. Foster Connections & Collaboration
4. Lead Transformation & Embrace Uncertainty



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New Vision of Success: Everyone Wins

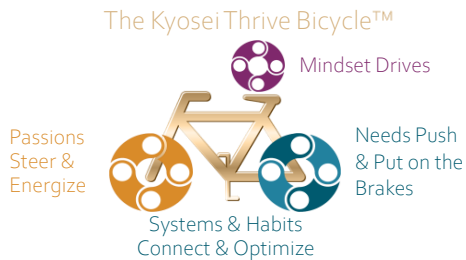
Life-Work Integrity®
A state of wellbeing created by alignment between your authentic self, what you do in all areas of your life and work, and a world where everyone thrives.

The Foundation of Energy, Wellbeing & Resilience



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4 Drivers of Thriving in Life, Work and Leadership

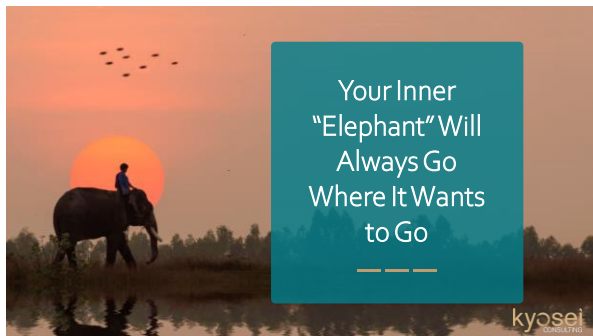


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When You Fuel Passion There's No Need to Push Productivity



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Better Relationships

"I've had a complete shift of focus on where my priorities need to be and what I need to focus my energy on. My work and personal relationships are better because I have more insight on how to leverage everyone's strengths."

Isabelle O'Keefe,
Senior Manager (UK Technology Company)

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Working together may be a fit if you are...

- Tired of feeling tired & uninspired
- Longing for passion and purpose
- Wanting to grow your wellbeing & fulfillment in life & work
- Ready to unlock your legacy and amplify your impact

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Would You Like?

- ✓ Proven tools to master all 4 elements so you can thrive in life and work
- ✓ Regular support to navigate barriers
- ✓ 3 decades of experience to draw upon
- ✓ A "think partner" to help you get clarity on who you are, where you really want to go, and how to get there YOUR way
- ✓ Someone who is focused on helping you find your answers – not pushing theirs on you

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The Next Step

Grab Your Free Fulfilled Leader™ Breakthrough Session (& some other goodies!)

In your private breakthrough session, I'll help you get clear on your priorities and barriers and craft an individualized plan so you can immediately get started on creating the energy, wellbeing, fulfillment and impact you want in your life and work.

<https://kyoseiconsulting.com/beyond-balance-4-secrets/>

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