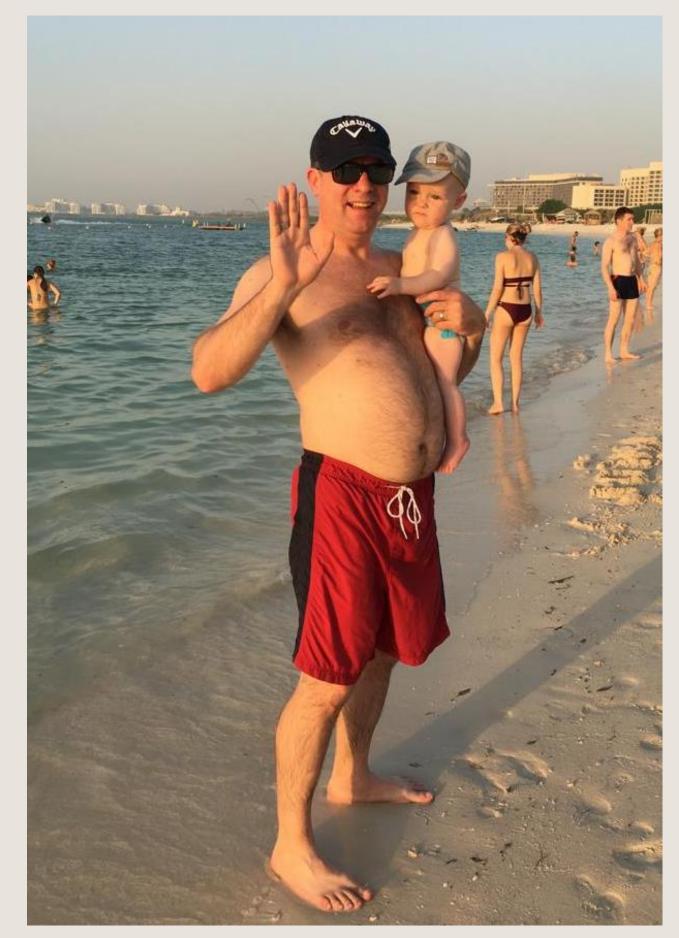
COVID, WAR, HIGH OIL PRICES, AIRPORT DISRUPTIONS . . .

How to successfully navigate multiple crises and bring your A-game

NATASA KAZMER & JIM CALLAGHAN natasa@ wellnesstory.world jim@wellnesstory.world

CAPA Airline Leader Summit 2023 | Budapest





Jim, October 2017



Jim, October 2022

Time spent using smartphones (2023)

Others include:

Curiosity: 18.6%
Information: 16%
Loneliness: 9.4%
Work 3.8%
Health: 0.4%

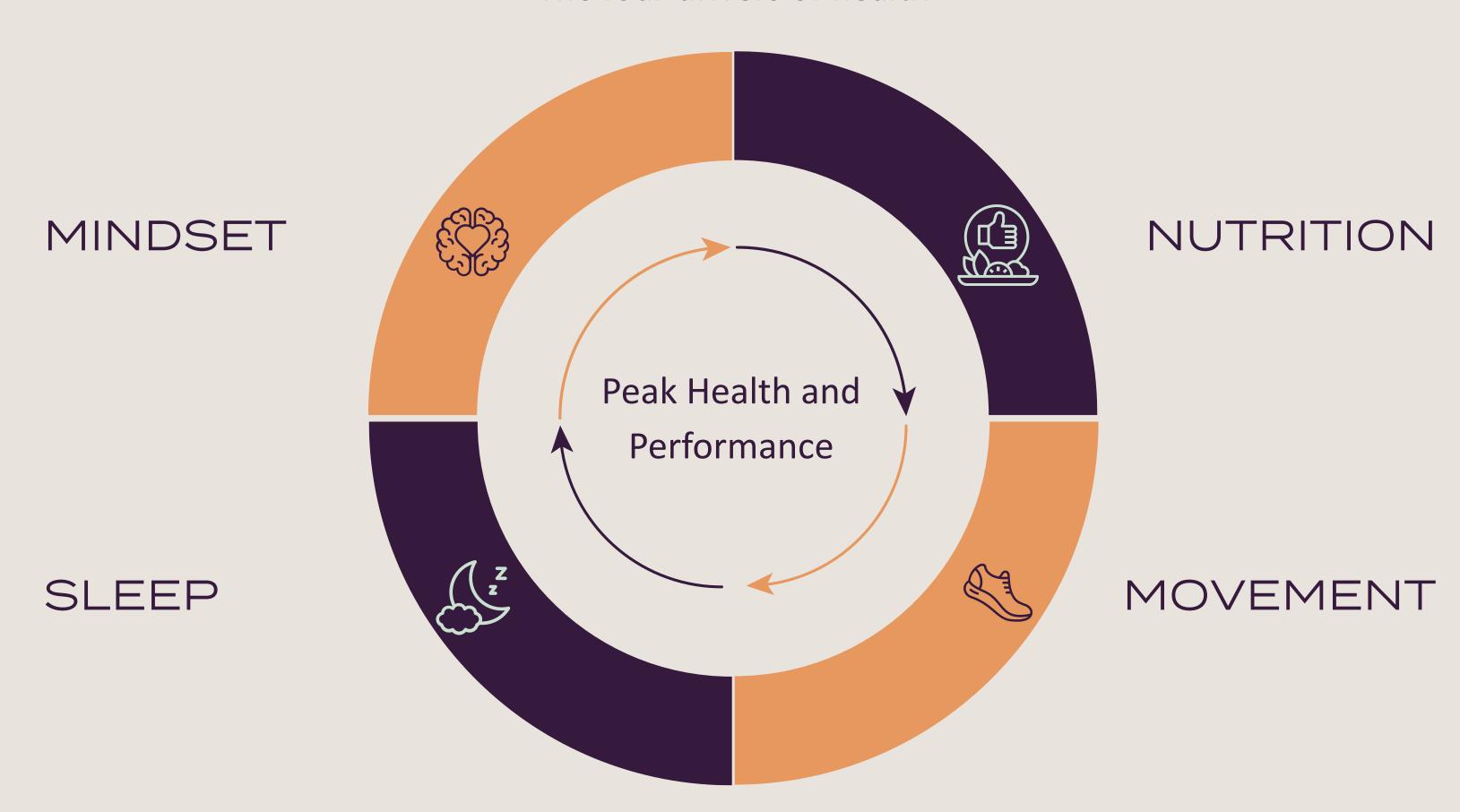


BOREDOM

51.8%

Source: https://explodingtopics.com/blog/smartphone-usage-stats

The four drivers of health



TAKEOFF

The 7-step signature model of executive peak health and performance

















TURN OFF AUTOPILOT ADDRESS YOUR STRESS KNOW YOUR WHY

EAT YOURSELF HEALTHY OVERHAUL YOUR MOVEMENT FIX YOUR SLEEP FASTEN YOUR SEATBELT Out in May 2023!

'I am convinced that anyone with even a hint of interest in improving his or her health, fitness, well-being and life will really benefit from this book.'

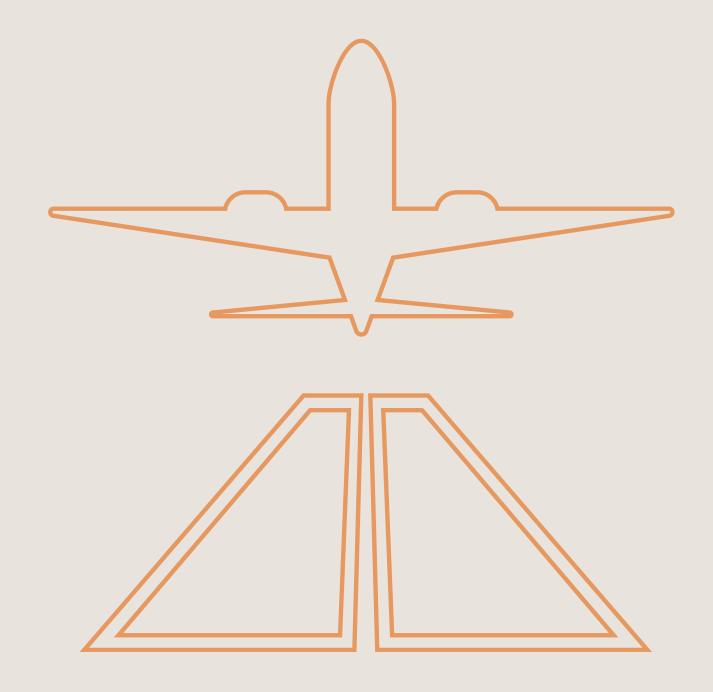
Henning zur Hausen, General Counsel, Etihad Aviation Group

READY FOR AKEOFF!

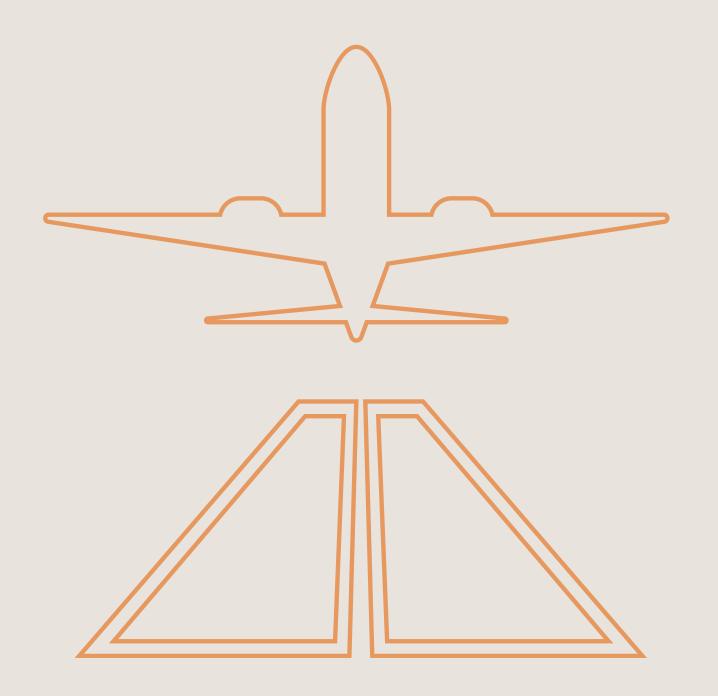
A practical health guide for airline executives and their teams to get back on top of their game

NATASA KAZMER AND JIM CALLAGHAN

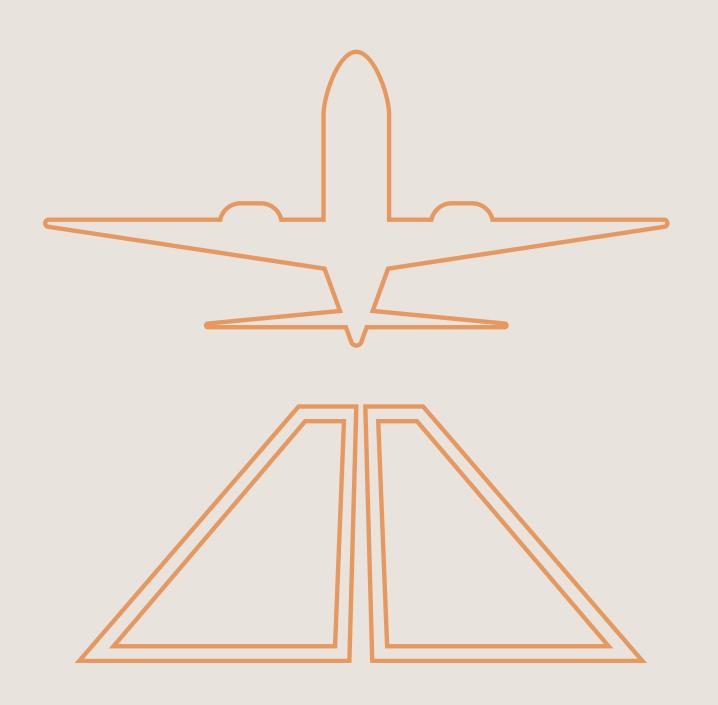
Create the right environment



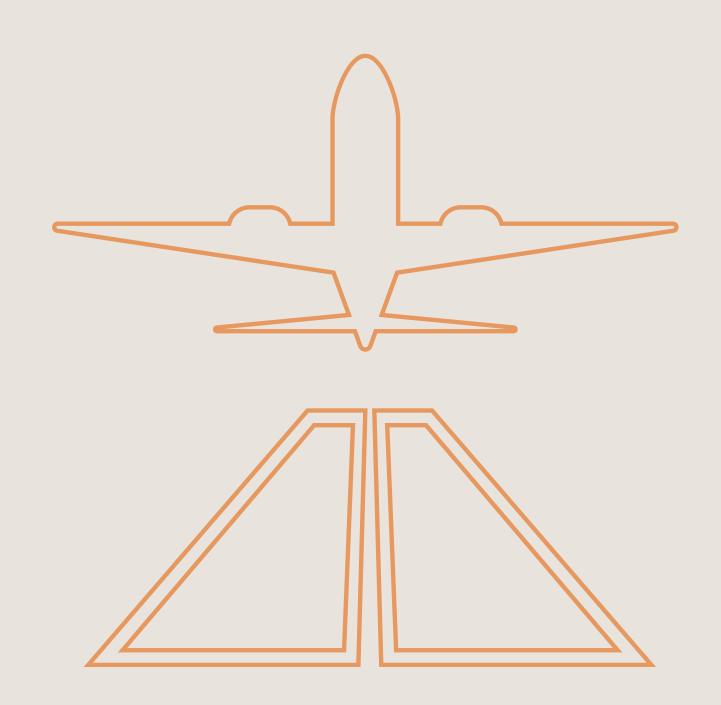
- Create the right environment
- Identify your stressors



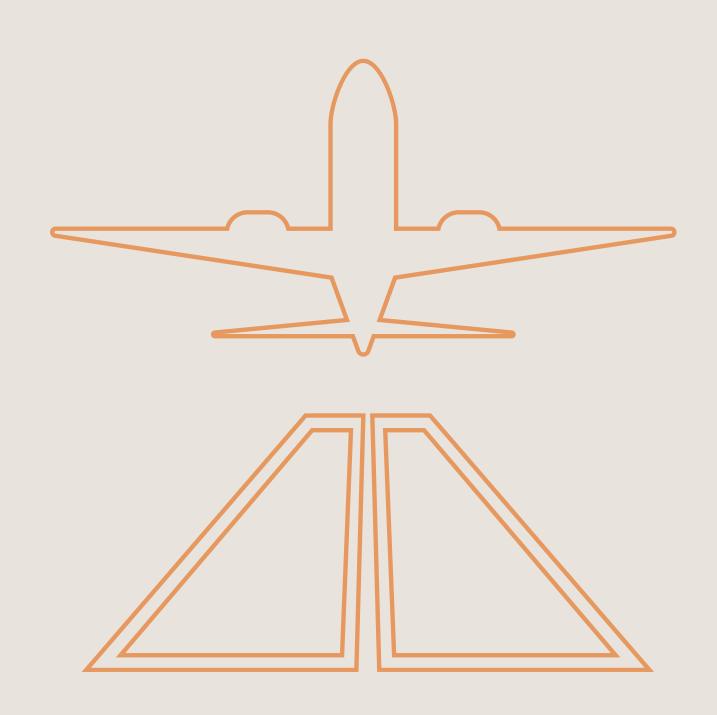
- Create the right environment
- Identify your stressors
- Breathe!



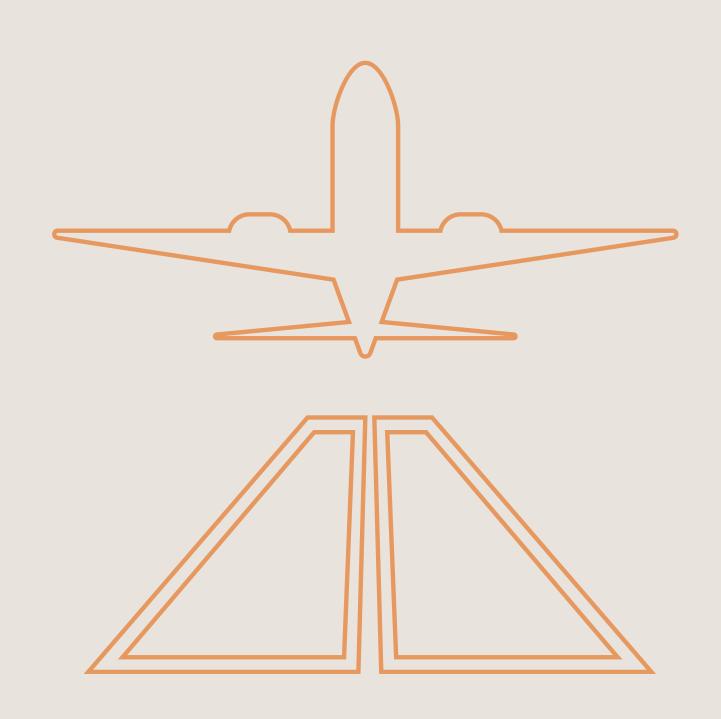
- Create the right environment
- Identify your stressors
- Breathe!
- Eat real food



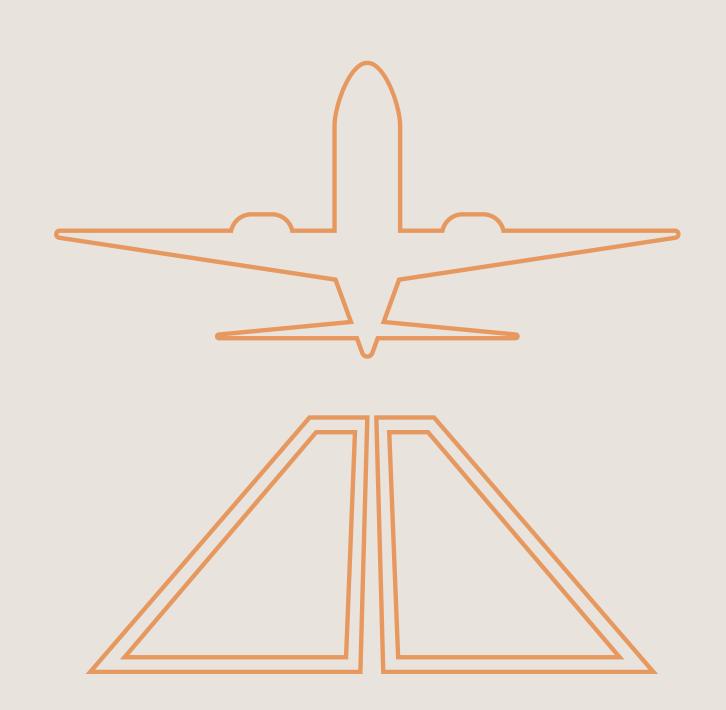
- Create the right environment
- Identify your stressors
- Mare Breathe!
- **Eat real food**
- Find any excuse to move



- Create the right environment
- Identify your stressors
- Breathe!
- Eat real food
- Find any excuse to move
- Find your ideal bedtime routine



- Create the right environment
- Identify your stressors
- Mare Breathe!
- Eat real food
- Find any excuse to move
- Find your ideal bedtime routine
- Focus on the long game





Take the Executive Stress Quiz



Thank you!

