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

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

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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

MINDSET

NUTRITION

SLEEP

MOVEMENT

Peak Health and Performance

T A K E O F F

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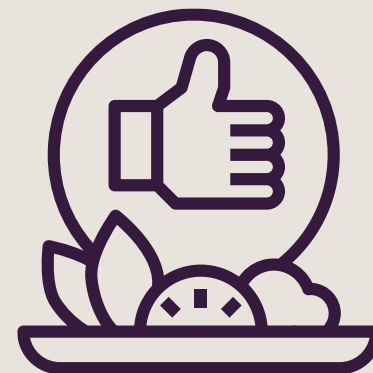executive peak health and performance
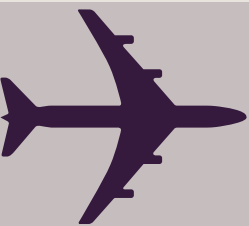
TURN
OFF
AUTOPILOT

ADDRESS
YOUR
STRESS

KNOW
YOUR
WHY

EAT
YOURSELF
HEALTHY

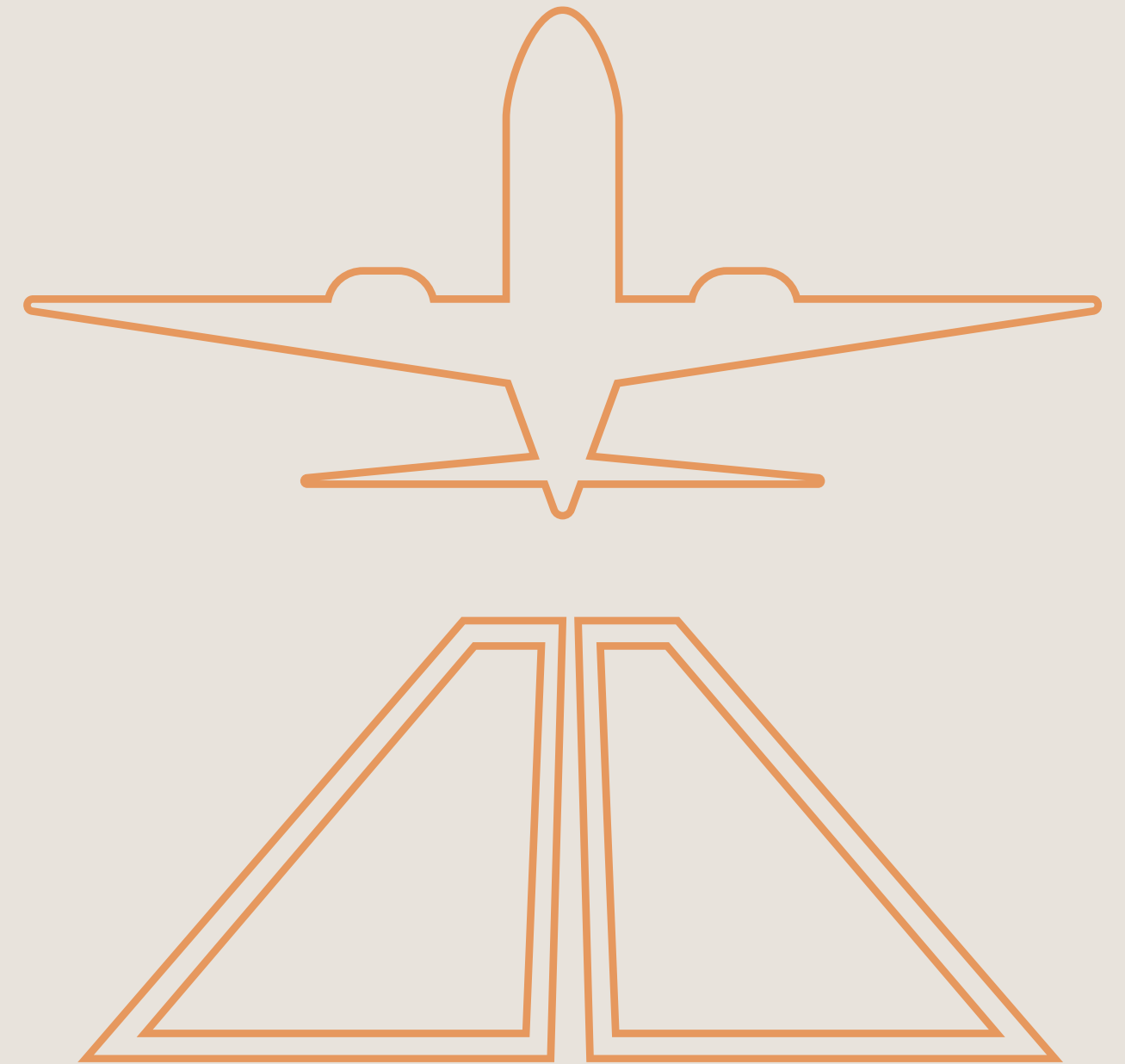OVERHAUL
YOUR
MOVEMENT

FIX
YOUR
SLEEP
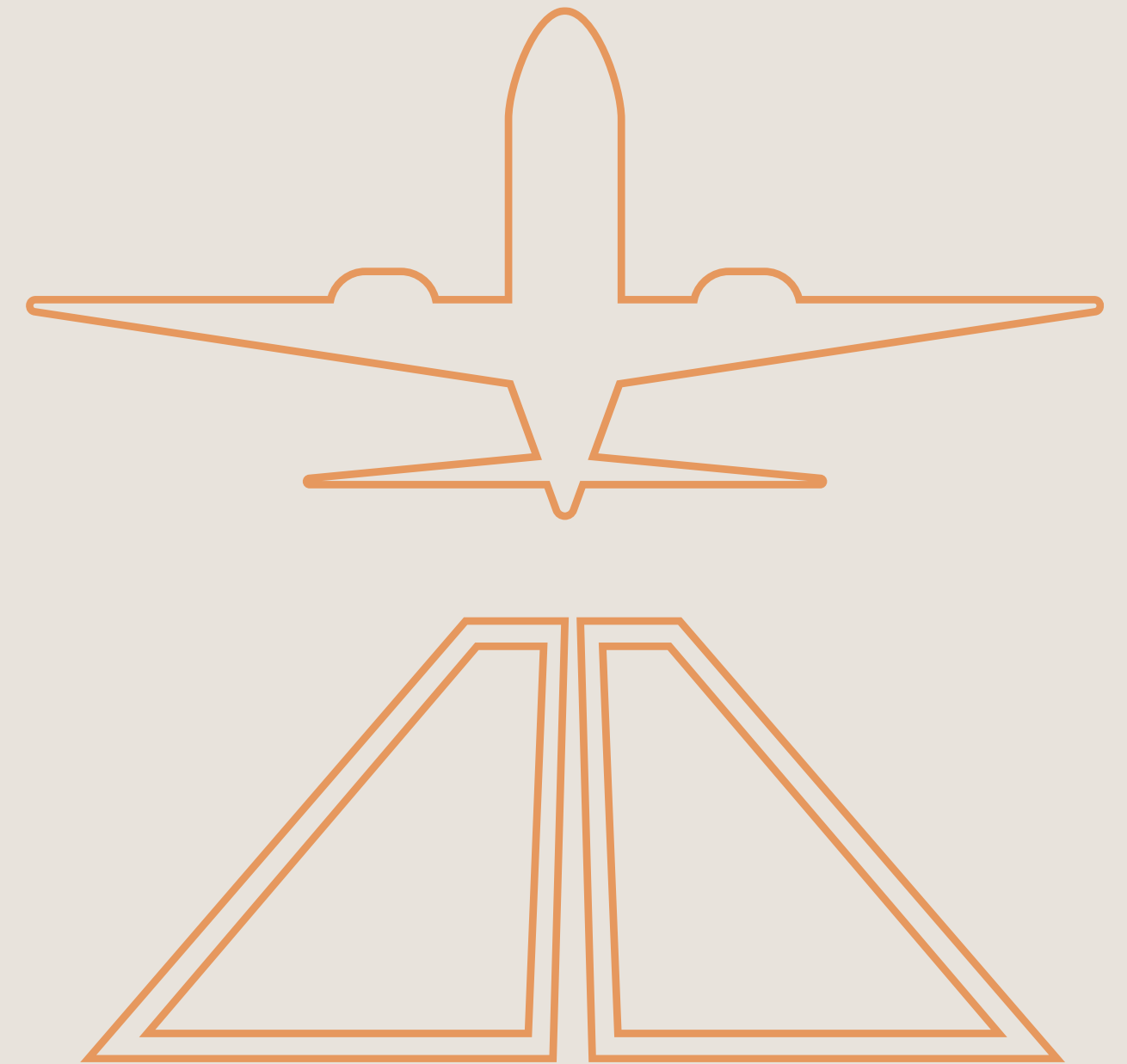
FASTEN
YOUR
SEATBELT

Out in May 2023!

Get ready for takeoff!
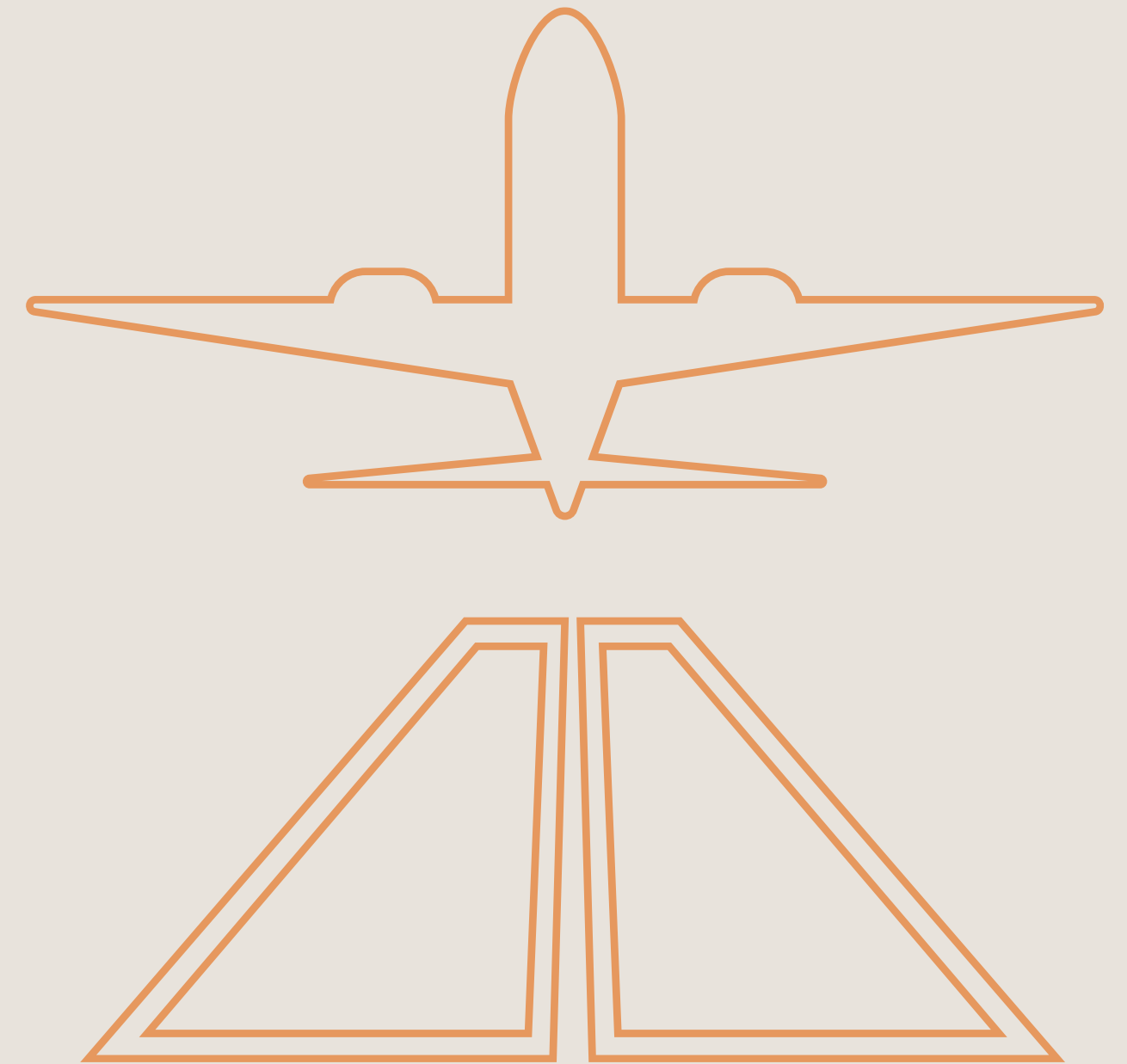
☑ Create the right environment

Get ready for takeoff!

☑ Create the right environment

☑ Identify your stressors
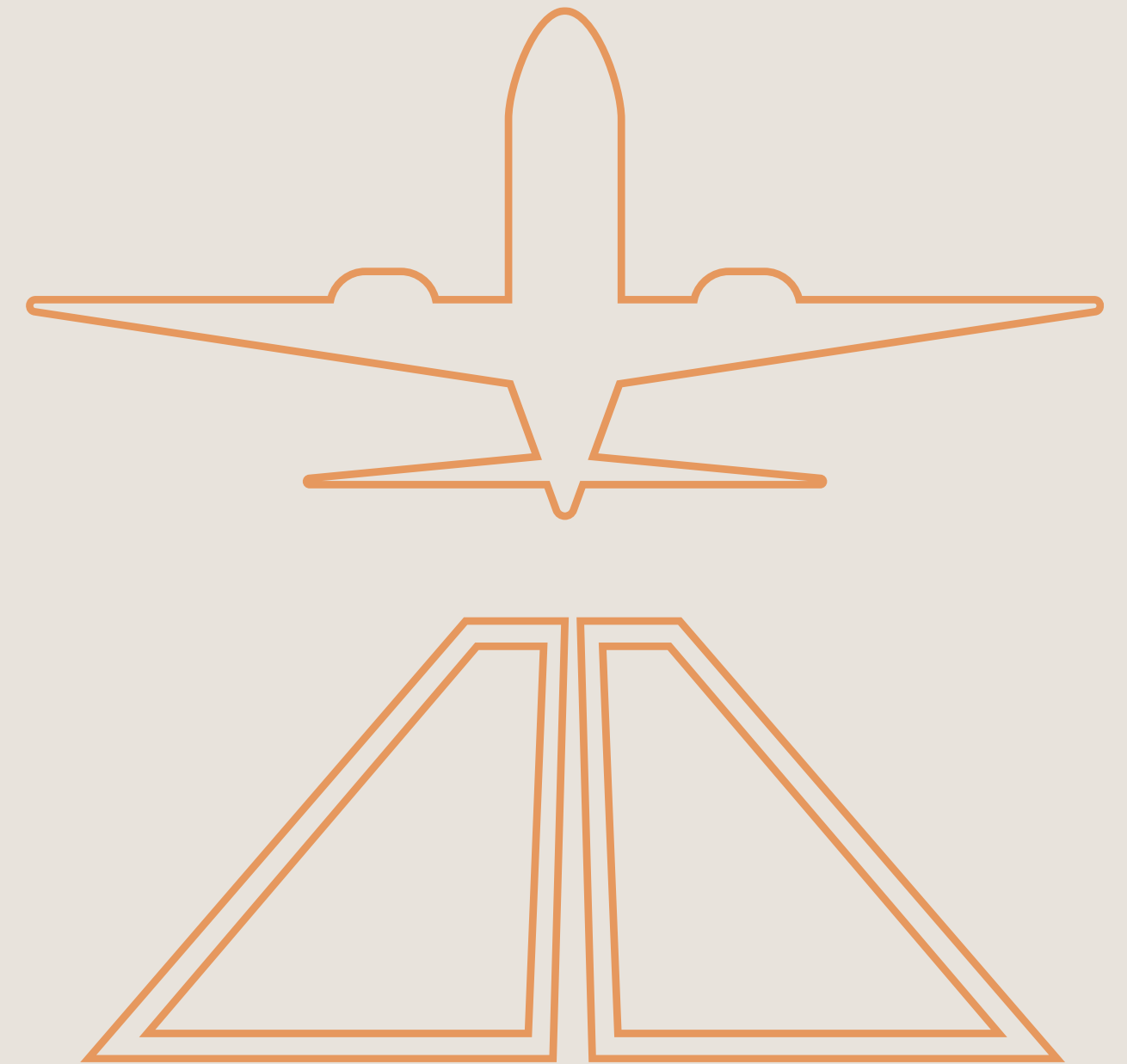
Get ready for takeoff!

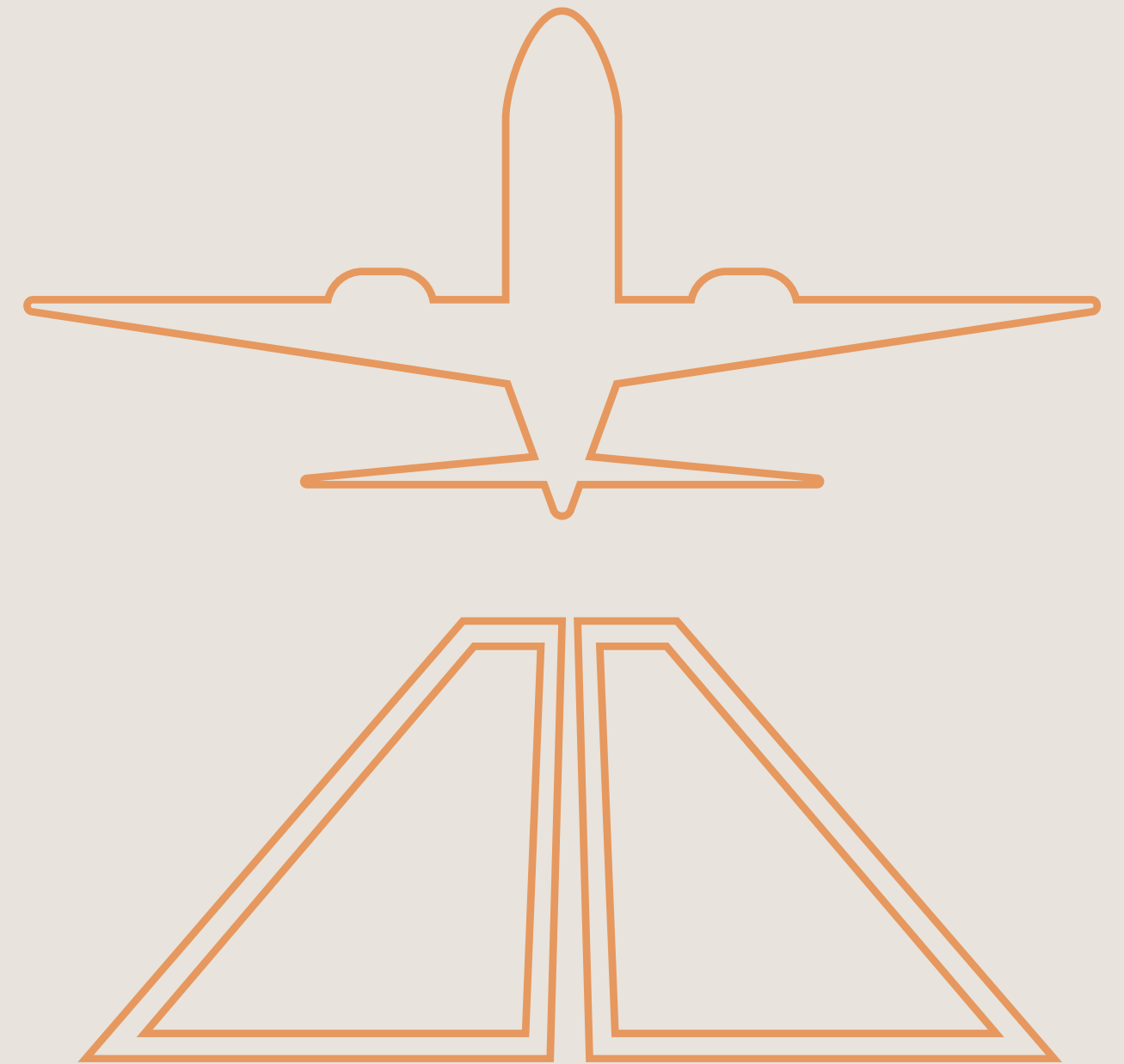☑ Create the right environment

☑ Identify your stressors

☑ Breathe!

Get ready for takeoff!

☑ Create the right environment
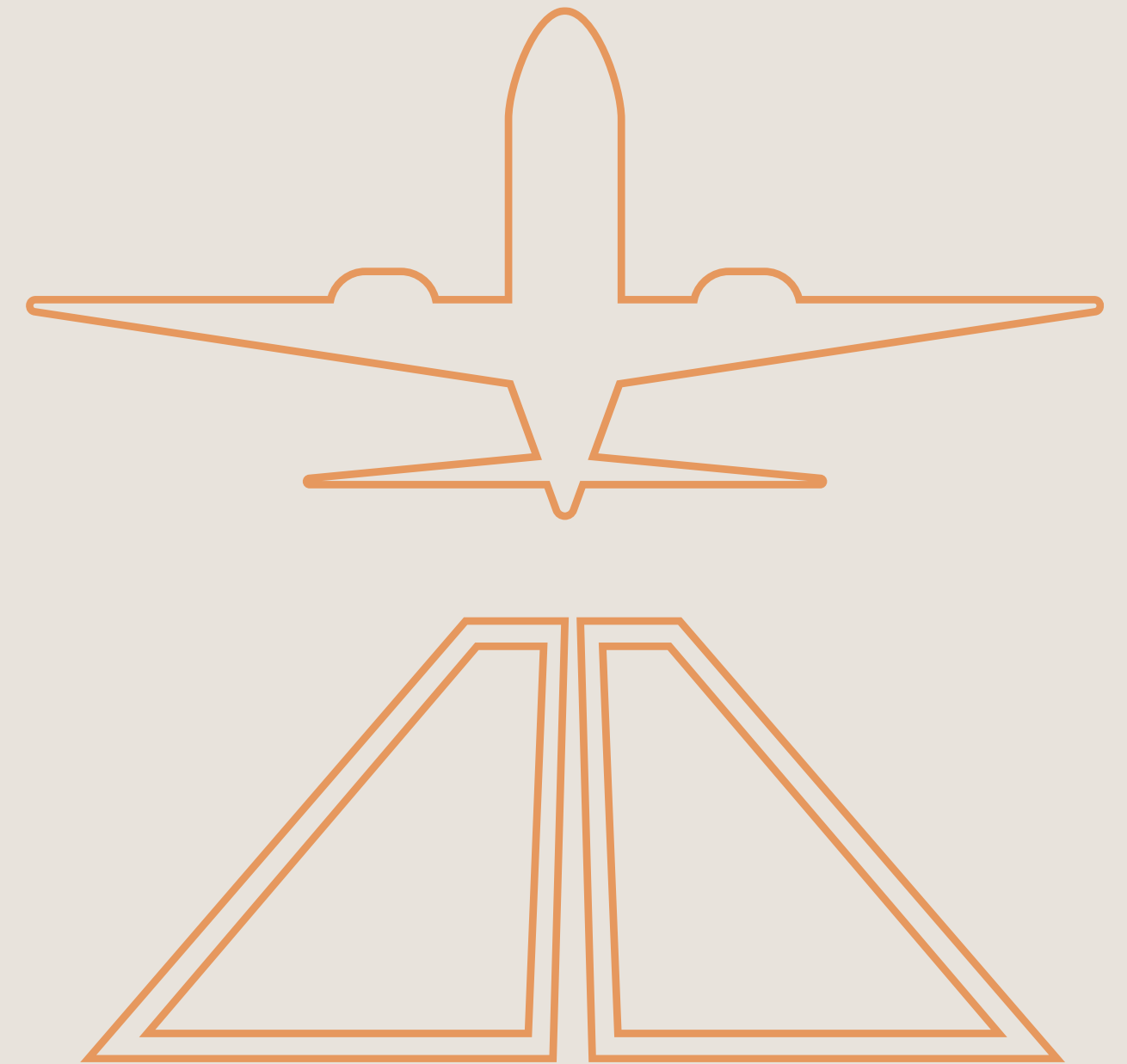
☑ Identify your stressors

☑ Breathe!

☑ Eat real food

Get ready for takeoff!

☑ Create the right environment

☑ Identify your stressors

☑ Breathe!

☑ Eat real food

☑ Find any excuse to move

Get ready for takeoff!

☑ Create the right environment

☑ Identify your stressors

☑ Breathe!

☑ Eat real food
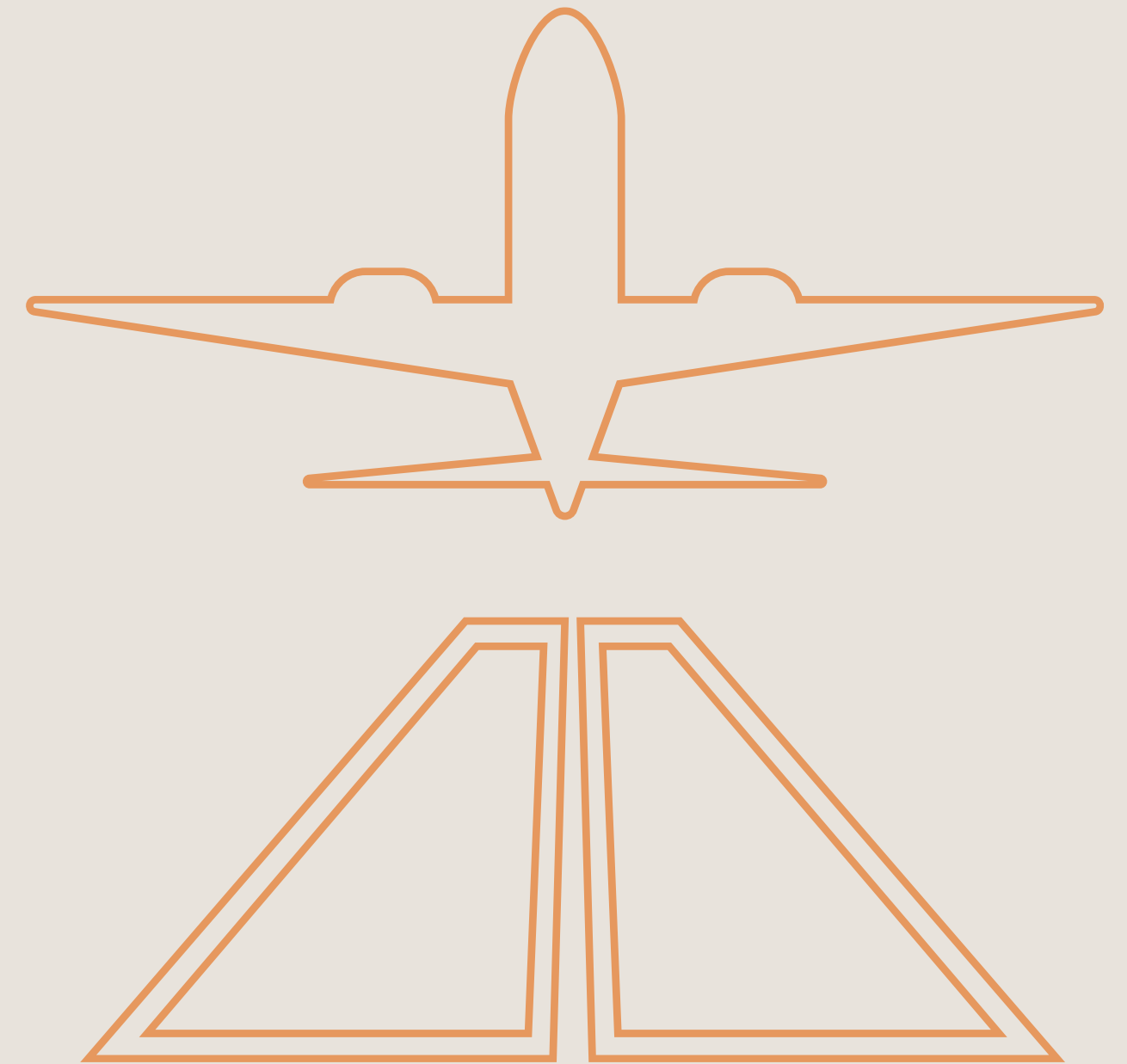
☑ Find any excuse to move

☑ Find your ideal bedtime routine

Get ready for takeoff!

☑ Create the right environment

☑ Identify your stressors

☑ 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!