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## Welcome

Hello, and welcome to the February AM Edition.

After the Australia Day holiday, business kicks back into full speed and we set our business targets. It is a very different feel to this time last year and who knows what is in stall for the year ahead? What we do know however is that work has fundamentally changed and we need to be agile and adaptable. This month includes:

WATCH – Work From Anywhere

READ – Angela's story about leaving a secure 9 to 5 job

LISTEN – Michael Klim Podcast on Learning Agility

LEARN – Shifting from exercise training to active living



## Work From Anywhere (WFA)

For all the chaos and trauma caused by COVID-19, there will be a new normal to which we must adapt and when the dust settles, there will be many positives to be found.

Old and staid ways of operating and living have been shaken up and we have been forced to try new ways; ways which we might not have had permission to try by our own volition until COVID-19 jolted the fabric of our society.

The workplace will never be the same again. For starters, we have an entirely new lexicon including WFH, WFA (Work From Anywhere) and “you’re on mute!” Watch a recent ABC News Breakfast segment I did specific to changing the way we work



[Click here to read a detailed article we put together on this topic](#)



READ

## Leaving a Secure 9 to 5 Job to Join a Start Up



Read about Angela Poon, StriveStronger's Operations Director, leaving the secure confines of working for KPMG Australia to join our little start up.

"I never planned to work in small business.

In fact, my parents explicitly asked me not to. After all, they ran a small business themselves. Growing up, I had seen the relentless effort that it required. With the full burden of the business resting on their shoulders, my parents often worked seven days a week and rarely took holidays.

Refugees fleeing the Vietnam war and communist rule in the 1970s, mum and dad were eventually granted asylum in Australia and they began their new lives with next to nothing. To make ends meet, they worked various jobs...”

[Click here to read more](#)



**LISTEN**

## **Michael Klim – Competitive Spirit, Learning Agility and Launching a Skin Care Business**



Michael Klim is a three-time Olympian, businessman, public personality, and motivational speaker who has established himself as one of Australia’s most versatile entrepreneurs and innovative thinkers.

Michael’s 17-year swimming career saw him receive a total of six Olympic medals, break multiple world records and collect the title of World Swimmer of the Year. He spends his time between Bali and Australia, drawing on his professional experience as a World Champion to drive the success of his entrepreneurial ventures, including global skincare brand MILK & Co and Klim Swim swimming schools.

[Click here to listen](#)



## LEARN



### **RESEARCH INSTITUTE: Shift from exercise training to active living**

Anxiety and stress levels are rising and this year especially has challenged people in ways they haven't experienced before. Seeking professional care to reduce anxiety is always recommended, but there are ways you can start managing symptoms on your own that could make up to a 20% improvement in the way you feel. Read the science behind how to feel great and build muscle with StriveStronger Research Director, Dr Tom Buckley.

[Click here to read more](#)



## ENGAGE

**Andrew May Leadership Offsites**

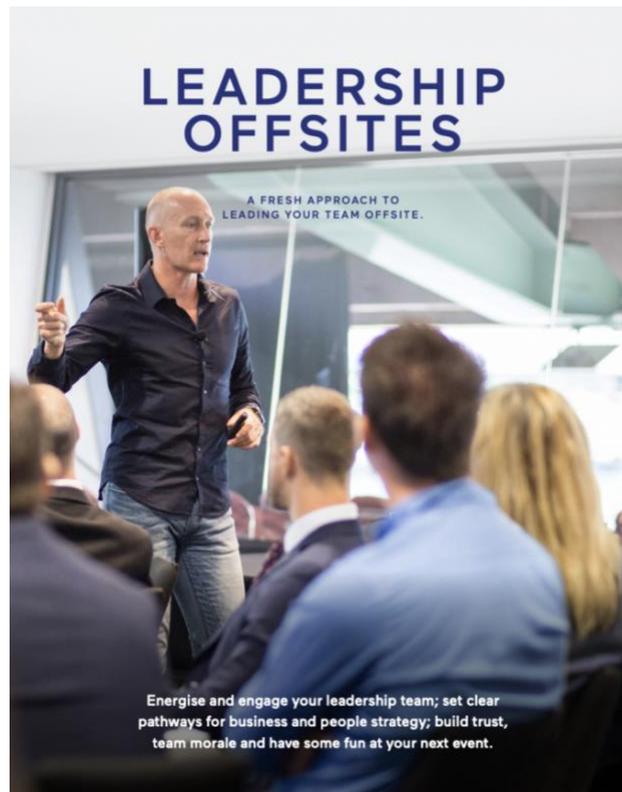
Allow me to be blunt for a moment. We've all been to offsite strategy meetings that were expensive, time-consuming, poorly planned, and delivered little towards the people or business strategy. But it doesn't have to be like this.

For the past 15 years, I have been working closely with CEO's and business leaders to plan, facilitate and implement successful leadership conferences and offsites. We've learned what works and experienced what doesn't.

Even for the biggest sceptics, following recent disruption to our lives and the associated volatility, uncertainty complexity, and ambiguity - leadership offsites have shifted from peripheral to paramount.

Whether you are leading a small executive team, a board, or a larger division, let's talk about how we can make your next offsite memorable.

[Click here to download](#)



Keep Striving!

Keep Striving!

A handwritten signature in black ink that reads "Andrew". The signature is fluid and cursive, with the first letter 'A' being particularly large and stylized.

Andrew and the StriveStronger Team

A N D R E W M A Y



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