



Welcome

Hello and welcome to the December AM Edition.

Wow. What a year 2020 has been. As we head towards a well-earned Christmas break, I wanted the focus this month to be on content that can help you make meaning out of the crazy, yet in many ways opportunistic and potentially life-changing year that has been. This month includes:

- WATCH - Business Fit
- READ - Avoiding Zoom Gloom
- LISTEN - Wayne Pearce Podcast
- LEARN - Lift your way to a calmer you
- ENGAGE - Andrew May 2021 Keynote offering



WATCH

Business Fit

2020 has been a very challenging year for small business owners, and we know that first-hand, having lost over 90% of revenue when COVID first jolted our lives back in March.

I am very proud of the partnership between StriveStronger and NAB to provide a complimentary digital program and podcast to support small business owners and their staff be more resilient, transition to new ways of working and sustain physical and psychological wellbeing. Last week I did an interview on Sky News talking about the program.



[Register for NAB Business Fit](#)



READ

Reducing Zoom Gloom and Screen Fatigue

Zoom fatigue is a real phenomenon. So is Google Hangouts, Microsoft Teams, Skype, FaceTime, or any other video-calling interface fatigue. Preliminary data is showing online meetings are twice as cognitively taxing as traditional face to face meetings. I'm sure you don't need the research, however, to tell you this after trying to drag yourself through hours of energy sapping online meetings.

Here are 6 simple strategies for managing Screen Fatigue.

1. Try turning off your camera and have more meetings over the phone and walk while you're on the call to reduce stress, move your body and wake up your mitochondria.
2. Limit the duration and number of video meetings and have breaks in between calls.

[Click here to read more](#)



LISTEN

Wayne Pearce - Leadership Lessons, Lifelong Fitness and Saving the NRL



Wayne Pearce is a High School science teacher, Rugby League hall-of-famer, Balmain Tigers captain, coach, listed in the 100 greatest players of all time, NRL commissioner, leadership coach and was responsible for getting rugby league back onto the park during COVID-19.

I really enjoyed our discussion on all things health and fitness, meditation, overcoming adversity, life-long learning, coaching and a few little surprises for you too.

[Click here for full podcast](#)



LEARN



Photo by [Mateo Vrbnjak](#) on [Unsplash](#)

Lift your way to a calmer you.

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 Keynotes and Speaking 2021

Hot off the press, we have just finished updating my speaking offering for 2021. If you are starting to plan conferences and/or leadership offsites for next year, I would love to make a time to chat about my new offerings including my 5 most popular keynotes:

MatchFit – How to get your body and brain fit for work and fit for life

Strive – Adopt a growth mindset, harness passion and increase psychological resilience

Future Proof – Boost productivity, sharpen attention and future proof your career

Play On - Extend your career and life by rewinding the biological clock and boosting on brain fitness

Bold - What does it mean to be bold and why nurturing a 'bold and courageous culture' is going to be a major competitive advantage in the new world of work.

Drop me a line at business@andrewmay.com or 0411 142 815 to discuss your next conferencing needs.



Keep Striving!

Keep Striving!

A handwritten signature in black ink that reads "Andrew". The signature is fluid and cursive, with a large initial 'A'.

Andrew and the StriveStronger Team

ANDREW MAY



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