

LEADERSHIP OFFSITES

A FRESH APPROACH TO
LEADING YOUR TEAM OFFSITE.

Energise and engage your leadership team; set clear pathways for business and people strategy; build trust, team morale and have some fun at your next event.

AM

ANDREW MAY



Awaken. Inspire. Energise. Transform.

THE PROBLEM WITH MANY 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.

THE CHALLENGE WITH LEADING:

Leadership is hard. Whether you are the CEO of a publicly listed company, part of the executive leadership team, or running your own business – leadership requires a specialised set of skills.

Leaders also have to manage their own physical and psychological wellbeing; strike a balance between the workplace and WFH; manage disruptions faced by their families and loved ones; and navigate the ambiguity and uncertainty of the ongoing COVID-19 pandemic.

Leaders have to read, analyse, communicate, make decisions and interact far more in an average day compared to a decade ago. This unparalleled rate of change and technological adaptation has recently been fast-tracked.

Agility, innovation, foresight, emotional intelligence, focus, concentration, large amounts of energy, the ability to attract and keep talent, discipline, ambition, visionary thinking, a global perspective and connecting with and empowering others are essential skills for leaders and progressive teams.

Get leadership right and it is highly rewarding, energising and empowering. Get it wrong and you can feel overwhelmed, fatigued, disengaged and burnt out. But it doesn't have to be like this.



“ Leadership has never been more challenging, and COVID-19 has thrown the world on its head, radically changing the way we work and interact.

Leaders cast large shadows and impact much more than revenue and profitability; they impact behaviours, emotions and people’s lives. Leaders need a fundamentally new set of skills to thrive.

Andrew May.



THE LEADERSHIP OFFSITE SOLUTION:

For the past 15 years Andrew May has 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.

A well thought out offsite provides an opportunity to enhance relationships, reflect, reward and recognise, build trust, lift engagement, have some fun and set a clear strategy.

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

Transform your next event into an immersive experience, allow space to reflect, establish a clear operating rhythm and set/clarify strategy for the year ahead. 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.

EXPECTED OUTCOMES:



Physical wellbeing & energy



Clear team operating rhythm



Improved cognitive capacity & decision making



Psychological fitness & emotional agility



Improved personal & professional relationships



Space to reflect & make meaning



Increased personal productivity



Camaraderie & trust



Clear business strategy

KEY THEMES AND OUTCOMES:

Andrew and his support team will partner with you/ your preferred speakers bureau and discuss:

- **Pre-Event Briefing/s:** to ensure content is aligned to overall theme, business and people strategy. We can help with location, room setup, agenda, booking speakers, and more
- **Conference Add-Ons:** to drive engagement and adherence including pre-event diagnostics, healthy meals, performance assessments, energy breaks, morning wake ups, relaxation activities, books and digital programs/resources
- **Logistics:** including engagement letter and critical path timeline. Speakers Pack with photos, bios, etc. Post-event materials to embed learning.

Start with a Blank Canvas.

We suggest approaching your next leadership offsite with a beginner's mind. Let's start with a blank canvas and explore what is possible. And if you're already delivering successful offsites, let's build upon that.



MF 1: PERFORMANCE BUILDING BLOCKS = MATCHFIT

It has never been more important for leaders to be physically and psychologically MatchFit.

In the most basic sense, human beings are designed to use and replenish energy stores. When you get this balance right, your body is fit, vital and healthy. When you mess around with it, you get fatigue, inflammation and onset of disease. Andrew's most popular *Performance Building Blocks* presentations are:

- MATCHFIT
- STRIVE
- PLAY ON
- BOLD

WF 2: PRODUCTIVITY AND TEAM COHESION = WORKFIT

To thrive in the post-COVID world leaders need to be ready for intermittent disruption and adapt to a hybrid of WFH and being in the workplace. Future proofing includes building capacity (protect time, manage energy, focus attention) and providing a buffer to learn, adapt and stay impactful. Andrew's most popular *Productivity and Team Cohesion* presentations are:

- NEW WAYS OF WORKING
- WORKFIT
- FUTURE PROOF
- LEADING WITH OPTIMISM

Paint Parts or All.

After presenting at hundreds of conferences around the globe and delivering an average 10 Leadership Offsites each year, Andrew has created a framework to help narrow your focus. This framework is not linear. Some clients Andrew works with on an ongoing basis choose #3 with Add-Ons, while other groups choose the entire suite. It's your canvas!



3: CLARIFYING STRATEGY = FACILITATION

Andrew is an accomplished facilitator, partnering with leadership teams to outline clear business and people strategies. Facilitation can include:

- Discussing aggregated HPAX Results and what this means
- Exploring what the team wants to be known for as a business and personally
- How leaders plan to look after their own physical and psychological wellbeing
- How the team can role model throughout the organisation
- Introducing a framework for healthy conflict
- Articulating a clear strategy for the coming 12 months.

4: IMPLEMENTING STRATEGY = COACHING ACADEMY

Andrew has been coaching high performing teams in sport and business for more than twenty years. Coaching Academy is an evidence-based syllabus supporting leaders to enhance learning and personal growth, strengthen relationships and build leadership capacity. Coaching Academy includes:

- Podcasts with world-class experts in leadership, business, sport and performance/coaching psychology
- Digital Platform with videos, articles and tutorials specific to coaching
- Personal coaching (on a needs basis)
- Group Coaching sessions for accountability and adherence.

Leadership Offsite Add-Ons.

Raise self-awareness, embed learning and inspire lasting change with the following options.



MatchFit Calculator

Online assessment providing an overall MatchFit Score. Measures physical and psychological wellbeing using five science-based metrics. Tracks both individual and organisational change.



WorkFit Calculator

Assesses personal productivity and provides a Future Proof Index. Shows time spent on work-specific tasks such as emails, meetings, deep work and distractions; plus personal activities.



Human Performance Assessment

HPAx provides a comprehensive set of metrics specific to physiology, stress and recovery, energy management, psychological detachment, physical activity, cognitive capacity and mindset.



Morning Wake Up

Kickstart the day with a 30 to 45-minute morning activity. Choose from a leisurely walk and stretch through to higher intensity circuits. Sets the tone for a fun and energetic conference.



Energy Breaks

Inject 5 to 10-minute energy breaks into your agenda to keep participants energised and engaged. We offer a wide range of activities including Yoga, Breathing & Mindfulness training.



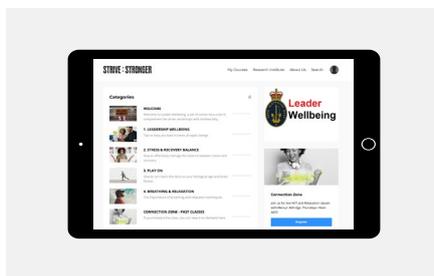
Healthy Food

Overseen by a StriveStronger nutritionist, we provide guidelines on healthy, energising nutrition options that ensures leaders brains are fuelled to learn and embeds a theme of wellbeing.



MatchFit Book

Andrew's best-selling with proven scientific principles to help you stay energised, productive and engaged using the 6 Levers (Move, Fuel, Recharge, Think, Play and Connect).



Digital Platform

StriveStronger's digital learning resource includes a range of videos, articles, podcasts and tailored programs. Data analytics show program engagement and inform future content.



Mental Skills Academy

Just like a fitness program trains the body to be healthy, fit, flexible and strong; MSA harnesses neuroscience and positive psychology to do exactly the same for your mind.

About Andrew.

Andrew May inspires people around the world to unlock their full potential and wake up to a better way of living, working and leading.

Coach to CEOs, leadership teams and sportspeople. Best-selling author. Podcaster. Leadership and transformation specialist. Small business advocate. Successful entrepreneur. CEO and founder of people-centred digital and media consultancy, **StriveStronger**.

Andrew presents inspiring keynotes around the globe and is recognised as one of the world's leading performance strategists, He hosts the **Business Fit Podcast**, has a regular segment on ABC News Breakfast and appears across multiple media platforms. His most recent book, **MatchFit**, has sold over 75,000 copies.

Andrew built and sold Good Health Solutions to ACCOR (now trading as **Executive Health Solutions**), Australia's largest provider of Executive Health Assessments; and in 2016 he sold The Performance Clinic to KPMG. He worked as a Partner at KPMG for 3 years.

He is coach and confidante to a number of Asia Pacific's leading CEO's and executives, elite athletes and performing artists and is the Mental Skills Coach for the Parramatta Eels National Rugby League Club.



Andrew's personal philosophy is to:

Live Energetically. Love Passionately. Lead Optimistically.

INDUSTRY SPECIFIC EXPERIENCE

Over the past 15 years Andrew has worked across multiple industries, from complex briefs on transformation and change; to nuanced global presentations with interpreters translating to large audiences.

Working as a Partner at global consulting firm, KPMG, Andrew has experience working across banking and financial services, sales, real estate, building and construction, professional services, telcos, oil and gas, retail, mining and industrials, government and the military.

CHOOSE DELIVERY MODE

Andrew has adapted his speaking and consulting business following COVID-19 to include the following three options:

- **Live Offsites:** Abiding by the ever-changing COVID-19 government guidelines
- **Virtual Offsites:** Live-streamed to your employees and made available on-demand
- **Hybrid Offsites:** Blended approach of smaller live audiences with live streaming.

100% RESULTS GUARANTEE

“ I am that confident of the Leadership Offsite experience, if we partner together and you personally do not see massive value and/or receive positive feedback from team members, I will refund you the full amount.

Andrew May.

Happy Clients.

“ Whether it’s captivating an executive audience in a boardroom; delivering keynotes for global events in large auditoriums; high-energy digital keynotes; or facilitating impactful Leadership Offsites that crystalises strategy and strategic focus – Andrew has the ability to connect with multiple cultures and generations. He moves audiences like very few can.



Doug Ferguson, NSW
Chairman, KPMG Australia.

“ Andrew recently delivered a 2-day leadership offsite for our executive team. From the outset, he had our competitive team engaged by sharing our results from the MatchFit Calculator. Andrew has the ability to switch from a domain expert, in this case presenting his ‘Play On’ and ‘Bold’ keynotes, to facilitating sessions on personal and team productivity, providing us with a much clearer team operating rhythm.



Rachel Argaman
CEO, Opal HealthCare.

“ Andrew has made a real difference to my leadership team including sustained energy, reduced stress levels and a change in work practices. The offering provides fundamental building blocks for the body and brain that underpins productivity, sustainable performance and leadership capacity. Andrew’s coaching has had a profound impact on the way I manage my personal and professional life.



Nick Hawkins
CEO, IAG.

“ Andrew’s approach was the ideal catalyst to realign internal culture through trust, transparency and consistency. I found the experience all-encompassing and results were very impressive. We now have explicit guidelines around email and meetings, have more open and honest discussions and call out behaviours that are not in line. We are a more collegiate team, a better performing team.



Brett Houdin
CEO, Craveable Brands.

“ Andrew’s coaching has made a difference to the way I manage stress and recovery; and his keynotes and leadership programs have had a very positive impact on the many people and teams he has worked with across CBA.



Matt Comyn,
CEO, CBA.

“ Andrew came highly recommended by a number of CEW colleagues. His delivery changed the way I work and lead, balancing my personal life to access a new level of health and executive performance. Compass is excited to be partnering with StriveStronger to create an innovative world-class wellbeing and leadership offering.



Shelley Roberts, Managing
Director, Compass Group.

“ Andrew has made a major impact on CBRE leader’s performance in Australia and throughout Asia-Pacific. Our business has grown dramatically, and Andrew has helped the SLT gain clarity on strategy and key responsibilities, where we need to spend energy, and skills specific to managing time and playing the long game. We consider him a vital part of our competitive advantage in the marketplace.



Tom Southern
CEO, CB Richard Ellis.

“ After two years of sustained growth, I wanted to create an experience that challenged the LT’s thinking and incorporated a theme of wellbeing and fun. Andrew’s Leadership Offsite achieved this and a whole lot more. The experience was so well received, we asked him to come back and run our next two day offsite. This program has significantly impacted the way we work, improved camaraderie and some of the LT have reported it literally changed their life.



Luke Agati
CEO, Transdev.



A N D R E W M A Y