



Hello and welcome to AM Edition for February 2022.

After a well-earned summer break, for many people living in Australia the corporate engine kicks into overdrive after January 26th and we switch our minds back to work. This time of year, it would make sense to feel fresh, revitalised and energised. But something feels different in multiple conversations with corporate clients and in my coaching practice. There is a residual fatigue hanging in the air, after two years of disrupted living and multiple changes to our lives.

But I'm not buying it (at least not without offering a strategy to counterbalance the fatigue).

The theme this month is reflecting on the growth and changes COVID has impacted; putting a proactive plan in place to stay fresh for 2022 (just like we do when periodising an athlete's year); listen all about the power of perseverance and 5 take outs from my popular new Keynote, High Performance Reset, to get you off to a strong start.

WATCH: COVID and Post-Traumatic Growth

READ: Annual Recovery Planner

LISTEN: Perseverance, Core Values and Leadership Habits with Padraig O'Sullivan

ENGAGE: High Performance Reset Keynote



COVID and Post-Traumatic Growth

The definition of post-traumatic growth (PTG) was developed in the early 90's. The theory suggests that people can emerge from trauma or adversity having achieved positive personal growth. It's a comforting idea in the best of times. But it holds particular appeal as we live through a pandemic and attempt to make meaning of what has happened over the previous two years.

PTG is the positive growth that can happen as a result of struggling and pushing through adversity. We can recalibrate our priorities, reconnect to ourselves and those around us, we can rediscover our sense of meaning and purpose and we can become more resilient. I recently joined the crew on ABC News Breakfast to discuss.



[Click here to read a detailed blog on Post-Traumatic Growth](#)



Annual Recovery Plan

In my role as Mental Skills Coach for the Parramatta Eels, I have been working with players, coaches and support staff in the off season with the primary goal of ensuring that we play our best football under pressure, on the day, when it really matters.

Working in elite sport for more than two decades has taught me the importance of recovery and regeneration. But when I ask corporate clients 'what are your recovery strategies?' I normally get a blank look. What the? Huh?

Having an Annual Recovery Plan is a proactive way to stay fresh throughout the year and prepare for the months you know are going to test you – for me, this is Conference Season, which is normally February, late July/August and October.

Click here to read a blog on [Annual Recovery Plan](#), download the [Annual Recovery Planner](#) template and I have also provided a copy of [my recovery plan for the year ahead](#).

[Click here to read the full article](#)



Perseverance, Core Values and Leadership Habits with Pdraig O’Sullivan



This was the 30th and final episode we recorded as part of the NAB Business Fit Podcast. A BIG THANK YOU to Ana Marinkovis and her visionary team at NAB Small Business Bank for sponsoring this podcast over the previous 18 months. It has been a great opportunity; a massive learning curve and we are very grateful to everyone who has listened to the podcast and supported us along the way. Exciting news – in March we are launching a new podcast called ‘StriveStronger by Andrew May.’ More on that soon.

In this episode with Pdraig O’Sullivan, a coach and consultant working with some of Australia’s top companies and executives, we discuss the value of money as a barometer for success, why different styles of leadership are important, the common habits of successful people and much more. Starting out as a prospective priest in Ireland, moving to nursing in one of the UK’s top heart health clinics and eventually moving to Australia where he found himself with a total of \$24.45 in his bank account Pod has definitely seen the ups and downs of life.

[Listen to the full episode here](#)



High Performance RESET (keynote)

This is one of the new/updated keynotes we recently launched to the market, and it has really hit the mark with multiple companies already booking High Performance RESET to support their teams to press refresh and get ready for 2022.

Click below to watch a highlights video of the presentation.



Recharge, refresh and recalibrate after a crazy 18 months and fire up for the year ahead.

Research combined with the opportunity of working with world-class performers in sport, business, science, education and the military for two decades shows success leaves clues. High performing individuals and winning teams display similar characteristics.

In this thought-provoking presentation, I explore 5 universal elements that underpin high performance in the workplace including making meaning from the past 2 years (Post-Traumatic Growth); redefining productivity in a hybrid world (Operating Rhythm); building capacity and focusing on sustainability (Burnout Proof); training your mindset to be flexible and agile (Mental Skills); and the notion of esrever gnireenigne (Science of Goal Achievement).

Specific to people leaders, I can also cover how to keep your shiz together and create a psychologically safe environment and a high trust team. I'd love to chat more about speaking at your next conference or in-house event www.andrewmay.com/keynotes

[For full details click here](#)

A N D R E W M A Y



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