

# Living your best leadership life 2020 ©

Are you a Leader? If so, you know it's tough and it's relentless. Let's compare being a Leader to an elite athlete - it's also a tough and relentless life. What do they do to be successful?

They train, they learn new techniques, they are careful with their nutrition and their sleep. They vary their program and they have a coach.

They know about their times, their trends in results and they make amendments to their training program as they need to. They invest in their wellbeing and research new information that will give them the edge.

So, we need to look at leadership in the same way, and the i4 Neuroleader Model© can move individuals toward being an 'elite leader'.

And when that happens – everyone benefits.

The **i4 Neuroleader Model** is based on science and research. Four competencies have been agreed as being core: performance, collaboration, agility and innovation. **The i4 Neuroleader Online 360 Feedback Assessment** will help you understand how you are performing as a leader. In conjunction with a 1-1 debrief, the comprehensive **i4 Neuroleader Program and Workbook** will help you to identify strategies which can be implemented in response to the results. The strategies you implement will shift the way the brain operates, rewiring it and creating new neural pathways and achieve greater alignment to the 4 i's of integration, intuition, imagination and inspiration, leading to increased performance, agility, collaboration and innovation.

As an individual you will see a positive difference in your leadership abilities, and your organisation and clients will benefit as well. It is easier for us to be more compassionate, supportive and effective leaders when our brains and bodies are healthy. When our brains do not work well, our performance, relationships and overall health can suffer.

- **One Hour Onboarding Session**
- **i4 Neuroleader Model ([www.aboutmybain.com](http://www.aboutmybain.com)) 360 degree online survey using up to 20 raters**
- **One Hour Debrief of Your Report**
- **Development of Your Personal Plan**
- **Additional One Hour Coaching Sessions as Needed**
- **Workbook**



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