



QUARTERLY PLANNING WORKBOOK 2025



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WELCOME TO THIS QUARTERLY PLANNING HALF-DAY WORKSHOP

I want to congratulate you on taking this time to invest in yourself.

I have created this quarterly planning process to assist high achievers in business and corporate to focus and plan. I believe in setting goals annually and making plans quarterly.

So much happens in business and in life even within a 90-day quarter. It is easy to become overwhelmed. So, I have designed the planning process, so you develop a working document that will assist you every day to know what you need to do to take your business forward.

Ultimately goals and plans are all about helping you achieve the dreams within your heart.

In life, the best planned person usually wins.

Flexibility is required. This process has a built-in review at the end of each week and month to enable you to adjust for whatever life throws at you.

When you have a clear vision of what you want, and a strategic plan in place to help you, you are much more likely to make progress. As human beings we need a sense of progress, In our work, and across our lives. In fact, I believe that this sense of meaningful progress is one of the major keys to living a fulfilled life.

You can live a very productive and successful life without enduring the kind of chaos in which you hurt yourself (burnout, health issues, breakdowns) or your loved ones (relationship failures).

This is NOT a 'done for you' program. Get ready to do some focused and detailed work on your business and your life for the next 4 hours. If you do, you can leave here knowing your next quarter is ready to fly.

I am all about **EMPOWERING** you to make your own dreams happen!

Thanks for the privilege of working with you

Warm Regards,

John





YOUR INTENTIONS FOR TODAY :

1

2

3



YOUR VISION :

Knowing what you want (as passionately as possible) is the key to everything else working! Most people DO NOT KNOW clearly enough what they want in life. Hence, they struggle to lead themselves well.

If you are unsure of your vision, there are several exercises you can do that will help you reflect and go deeper within yourself to discover in more detail, what you really want across your life.

- 1 **Magic wand** – If I had a magic wand and you could have whatever you want, what would it be?
- 2 **Ideal average day** – Write out in detail what your ideal average day would look like when you are doing exactly what you want (see back of this booklet)
- 3 **Create a vision board** – Get some magazines or pictures from the internet and create a collage of the activities, people, places, ideas, and things you want in your life. Put it up where you can see it and be inspired every day.
- 4 **Write your own eulogy** – Write out what you would like said about you at your own funeral. This forces you to think about what you would like to achieve with your life; how you want to impact others, and what you would like others to be saying about you when you die.

WRITE DOWN AS CLEARLY AND BRIEFLY AS POSSIBLE WHAT IT IS YOU WANT!

A. Big picture for **YOUR LIFE** and **BUSINESS** over next 5 years:

B. Big Picture for **YOUR BUSINESS** this year:



WHAT IS YOUR BIG WORD?

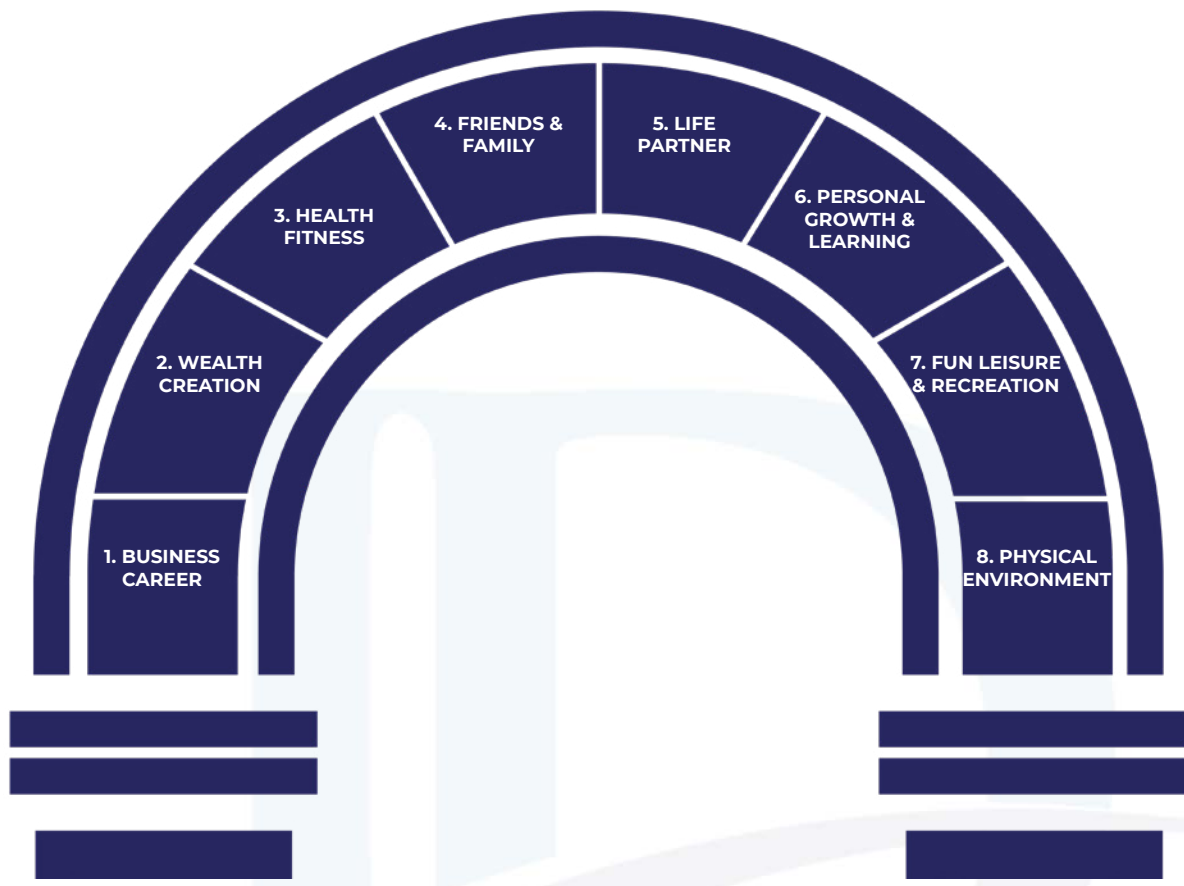
This is a word that focuses your mind and reminds you of the main thing you **MUST** remember to make this year work well for you.

Which BIG word summarises who you need to be and what you need to do:

THIS YEAR?

THIS QUARTER?

THE BRIDGE TO LIFE



In a stone arch bridge, the structural strength of the bridge is in the arch. Each segment is therefore crucial to the integrity of the arch and the strength of the bridge. This is a powerful metaphor for our lives. All segments of the arch must be in place and as strong as possible to make a strong life.



KEY SEGMENTS OF YOUR LIFE :

1. Business/Career	— /10
2. Wealth Creation	— /10
3. Health & Fitness	— /10
4. Friends & Family	— /10
5. Life Partner	— /10
6. Personal Growth/Learning	— /10
7. Fun, Leisure & Recreation	— /10
8. Physical Environment	— /10
Total	— /80

What would need to happen in each segment for it to score 10 /10?

“WHOLE OF LIFE” GOAL SETTING

Most people don't set goals. And of those who do set goals many do it poorly. That's because goal setting is a learned skill. To set goals well you need to know yourself well. You also need to be able to assess how much work is involved in achieving a goal, how quickly you can complete all the steps to achieve it, and what other factors need to be managed in your current context.

If you are a person who regularly sets goals and achieves them within the time frame included in the goal, you will become successful at whatever you do.

“

The problem for most people is that they tend to over-estimate what they will achieve within 1 year, and then under-estimate what they will achieve in 3 years.

”

Goals are not achieved for one of three reasons:

1. The goal setter gets discouraged and gives up - 9 out of 10
2. The goal was an unrealistic goal - which is part of the reason for discouragement.
3. There was no plan created to achieve the goal – goals are never self-fulfilling



OTHER KEYS TO GOAL SETTING :

- A Add some emotion.** Visualise achieving your goal and feel how that will make you feel. Whenever you think of your goal also remember and feel that feeling. It adds a level of motivation that will help you push through in discouraging times.
- B Motivation check.** Goal setting presumes you are a 'moving towards' kind of person who is motivated by a clear picture of a preferred future. Most people are not. Most of us are motivated by moving away from pain that can be no longer tolerated. So, if you know this about yourself, when you set a goal, also write down clearly the painful consequence of not achieving the goal. This becomes another emotional trigger that will help motivate you through tougher times.
- C S.M.A.R.T. Goals.** Goals need to be Specific, Measurable, Attainable, Realistic and Time-Framed. E.g. 'To become fitter' is a wish not a SMART goal. 'To attend 3 X 6:30pm fitness classes, Mon, Thurs and Fri weekly at the gym' is a SMART goal.
- D Goals are not self-fulfilling.** Goals require appropriate research and an action plan. A SMART goal with a clear step-by-step plan becomes a meaningful target towards which you can focus your energy and effort. Some people pull a number out of the air and set a goal to earn \$250K this year. They have never earned more than \$70K in a year and do not have a plan to multiply their income by over 250%. Goal setting is not mystical. It is very practical.
- E Goals help move you forward.** There is no pass or fail. It is about moving you forward. It is about helping you focus. Even if you do not achieve your goal usually you will have done better for having set a goal than without a goal.

Mr Keneally said one of his “hacks” had been to set goals in his personal life in a similar manner to his work life.

“I am also goal-driven about the time I spend with family. It's not enough to just set goals for yourself in your career and your work life. You need to set numerical quantitative targets for family goals.”

~ Ben Keneally, partner at Boston Consulting Group and husband of (former) Senator Kristina Keneally (AFR Feb 2019)

'WHOLE OF LIFE' GOAL SETTING :

STEP 1 For each of the 8 segments write 1 to 3 clear goals for that area for this year (1 is fine, more than 3 is too many!)

The goal(s) should be the main things you want to achieve in that area this year.

STEP 2 Write the first few obvious steps of a plan of how to achieve each goal

SEGMENT 1 - BUSINESS

GOAL 1

GOAL 2

GOAL 3

PLAN GOAL 1

PLAN GOAL 2

PLAN GOAL 3

SEGMENT 2 - WEALTH CREATION

GOAL 1

GOAL 2

GOAL 3

PLAN GOAL 1

PLAN GOAL 2

PLAN GOAL 3

SEGMENT 3 - HEALTH & FITNESS

GOAL 1

GOAL 2

GOAL 3

PLAN GOAL 1

PLAN GOAL 2

PLAN GOAL 3

SEGMENT 4 - FRIENDS & FAMILY

GOAL 1

GOAL 2

GOAL 3

PLAN GOAL 1

PLAN GOAL 2

PLAN GOAL 3

SEGMENT 5 - LIFE PARTNER

GOAL 1

GOAL 2

GOAL 3

PLAN GOAL 1

PLAN GOAL 2

PLAN GOAL 3

SEGMENT 6 - PERSONAL GROWTH & LEARNING

GOAL 1

GOAL 2

GOAL 3

PLAN GOAL 1

PLAN GOAL 2

PLAN GOAL 3

SEGMENT 7 - FUN, LEISURE & RECREATION

GOAL 1

GOAL 2

GOAL 3

PLAN GOAL 1

PLAN GOAL 2

PLAN GOAL 3

SEGMENT 8 - PHYSICAL ENVIRONMENT

GOAL 1

GOAL 2

GOAL 3

PLAN GOAL 1

PLAN GOAL 2

PLAN GOAL 3

ONE PAGE BUSINESS PLAN



A sentence describing what you see/want from your business/career:

E.g. To provide great value web design and related services for businesses west of Parramatta

E.g. To be the leading high-quality European car dealer of choice in Sydney Hills District

E.g. To provide the best quality dining experience for those seeking Afghan food in Sydney



My Core Values are:

- RESPECT
- EXPERIENCE
- INCLUSION
- FOLLOW THROUGH
- TRUTHFULNESS



What are you going to achieve over next 3 – 5 years?

1. E.g. Acquire premises
2. E.g. Achieve \$2m turnover

What are you going to achieve in the next 1 year?

1. Increase sales by 25% to \$1.2m
2. Build healthy culture among team
- 3.
- 4.



Your plan to achieve your 1-year goals

1. Create and implement new marketing plan to include new areas
2. Hire a consultant to action process to create a culture statement
- 3.
- 4.
- 5.



How we will measure whether we are making progress – KPI's, \$'s, etc

1. Marketing Plan completed by May 1
2. Culture process completed by June 30
3. Sales target \$ _____; No. of sales required _____
4. Staff review completed by _____. New Team Leader hired by _____
 - a. New marketing relationships by _____; New Projects on line by _____
5. Submit application for Business Awards by _____

ONE PAGE BUSINESS PLAN



I SEE:



MY CORE VALUES:

-
-
-
-
-



WHAT I AM GOING TO ACHIEVE OVER THE NEXT 3 - 5 YEARS

- 1.
- 2.

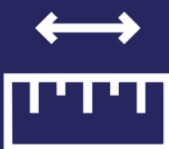
WHAT I AM GOING TO ACHIEVE IN THE NEXT 1 YEAR

- 1.
- 2.
- 3.
- 4.
- 5.



MY PLAN TO ACHIEVE MY 1 YEAR GOALS:

- 1.
- 2.
- 3.
- 4.
- 5.



MY KEY MEASURES OF PROGRESS - KPI's, \$'s, etc

- 1.
- 2.
- 3.
- 4.
- 5.

SCHEDULING YOUR PLANS :

With the Year Planner (following page) start completing your big picture schedule

- 1 'Big Rocks' first** – The way to make time for the most important things in life is to schedule them first, ideally when you set your goals for the year. Things like: your holidays, key birthdays and anniversaries, and any other significant events from across your life.
- 2 Business Dates** – Put in any important business dates for the year.
- 3 Key dates from across each area of your life** – Add in anything that will enable you to achieve your goals for each of the other segments of your 'Bridge to Life'.

Rewrite your annual goals as goals for this next quarter

This is about breaking down the larger annual goal into smaller quarterly segments. Either divide by 4 or factor in insights related to seasons in your industry or to other plans you may have.

Another way to do this is to ask: 'What do I need to achieve by the last day of this Quarter to be on track to complete this goal by end of year?'

Do this for your top 5 Business Goals (BG) and then for your top goal from each of the other 7 areas.

Another way to do this is to ask: 'What do I need to achieve by the last day of this Quarter to complete this goal by end of year?'

ANNUAL GOAL	QUARTERLY GOAL	GOAL
1.		BG
2.		BG
3.		BG
4.		BG
5.		BG
6.		WC
7.		HF
8.		FF
9.		LP
10.		PGL
11.		FLR
12.		PE

“Successfully integrating your work with all the rest of your life is the key to increasing your **CAPACITY**”.

PLANNER 2025

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	
						MON
			1			TUES
1 NY Day			2			WED
2			3	1		THURS
3			4	2		FRI
4	1	1	5	3		SAT
5	2	2	6	4	1	SUN

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	
6	3	3	7	5	2	MON
7	4	4	8	6	3	TUES
8	5	5	9	7	4	WED
9	6	6	10	8	5	THURS
10	7	7	11	9	6	FRI
11	8	8	12	10	7	SAT
12	9	9	13	11	8	SUN

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	
13	10	10	14	12	9 King's Bday	MON
14	11	11	15	13	10	TUES
15	12	12	16	14	11	WED
16	13	13	17	15	12	THURS
17	14	14	18 Good Fri	16	13	FRI
18	15	15	19	17	14	SAT
19	16	16	20 Easter	18	15	SUN

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	
20	17	17	21 Easter Mon	19	16	MON
21	18	18	22	20	17	TUES
22	19	19	23	21	18	WED
23	20	20	24	22	19	THURS
24	21	21	25	23	20	FRI
25	22	22	26	24	21	SAT
26	23	23	27	25	22	SUN

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	
27 Aus Day	24	24	28	26	23	MON
28	25	25	29	27	24	TUES
29	26	26	30	28	25	WED
30	27	27		29	26	THURS
31	28	28		30	27	FRI
		29		31	28	SAT
		30			29	SUN
		31			30	MON
						TUES

PLANNER 2025

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	
		1			1	MON
1		2			2	TUES
2		3	1		3	WED
3		4	2		4	THURS
4	1	5	3		5	FRI
5	2	6	4	1	6	SAT
6	3	7	5	2	7	SUN

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	
7	4	8	6 Labour Day	3	8	MON
8	5	9	7	4	9	TUES
9	6	10	8	5	10	WED
10	7	11	9	6	11	THURS
11	8	12	10	7	12	FRI
12	9	13	11	8	13	SAT
13	10	14	12	9	14	SUN

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	
14	11	15	13	10	15	MON
15	12	16	14	11	16	TUES
16	13	17	15	12	17	WED
17	14	18	16	13	18	THURS
18	15	19	17	14	19	FRI
19	16	20	18	15	20	SAT
20	17	21	19	16	21	SUN

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	
21	18	22	20	17	22	MON
22	19	23	21	18	23	TUES
23	20	24	22	19	24	WED
24	21	25	23	20	25 Christmas Day	THURS
25	22	26	24	21	26 Boxing day	FRI
26	23	27	25	22	27	SAT
27	24	28	26	23	28	SUN

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	
28	25	29	27	24	29	MON
29	26	30	28	25	30	TUES
30	27		29	26	31	WED
31	28		30	27		THURS
	29		31	28		FRI
	30			29		SAT
	31			30		SUN

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	
						MON
						TUES

THE NEXT 90 DAYS :

Even if planning is not your favourite thing, you MUST do this work. It will make you so much more productive in each quarter and throughout the year.

PRACTICE TEMPLATE

2025 Master Plan	
Ninety Day Goals – Q?	
1.	
2.	E.g., Achieve \$300,000 turnover
3.	E.g., Employ a part-time receptionist
4.	(you write these goals as if they have already been achieved)
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	

Thirty Day Goals E.g. Month 1	
1.	
2.	Achieve \$120,000 turnover!
3.	New employee recruitment phase completed
4.	(These are positioned and worded as outcomes)
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	

Weekly Actions – Month 1			
Week One	Week Two	Week Three	Week Four
1. \$25K Turnover	\$30K Turnover	\$30K Turnover	\$35K Turnover
2. Job advert done	Job advert running	Review resumes	Job interviews
3. etc			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

NOTES :

E.g., review, things to carry over

HOW TO USE THIS TEMPLATE :

Since December 2011 this planning tool is how I KNOW what I MUST do every week in my business and across my life to get the results I WANT.

This is the BEST way to address overwhelm. In fact, this will STOP overwhelm and help you know what you must FOCUS on each month, week, and day.

I have each 4 weeks printed and sitting beside my keyboard on my desk. I tick off what I am doing as I go. At the end of the month, if something doesn't get completed, I review its necessity (because it obviously wasn't a priority for me) and then either it is dropped or reprioritised into the next month.

I am directed by this document to stay away from new shiny things, and to remain focused. When I am stuck, paralysed, fearful, overwhelmed and scared (YES ME) I come back to this document, and I stick to the plan I made when everything was clear.

Weekly actions are scheduled into my diary!

THE POWER OF GOOD HABITS AND RHYTHMS

One of the planning hacks I have developed over the past 5 years is to understand the power of the good habits and the regular daily, weekly and monthly rhythms I have established in my life.

E.g., My Health & Fitness goal/desire is to 'stay strong'. This is not measurable so a desire more than a goal. My goal and plan to achieve that desire involves daily disciplines which over time have become habitual. Each day I walk 10,000 steps (easy with a dog who likes 2 walks a day and measured by a fitbit). I also do my 30x30x30x30 plan (30 push ups, 30 squats, 30 sit ups and 30 glut stretches). Takes me 5 minutes in morning in summer and before bed in winter. I also have a scheduled PT session once a week to work on my strength.

My health & fitness plan has been taken over by my good habits. I simply write in shorthand 30x4, 10K steps, PT weekly.

Good habits have also formed around my relationship with my wife – we have weekly coffee connect date each Sat or Sunday, we work in our garden for a couple of hours most weekends, and we do a movie or dinner out about every 2 weeks.

Good habits around catching up with my daughters and grandchildren mean I make sure it is not 3 months between connecting with them. I have some habits and rhythms around seeing them each month that work well most of the time.

What good habits and rhythms do you have in your life?

In what areas could start to establish some?

Q1 2025 Master Plan**Ninety Day Goals – January 1 – March 31, 2025**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Thirty Day Goals – January 2025

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Weekly Actions – January 2025

Week One	Week Two	Week Three	Week Four
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

NOTES :

LAST MONTH IN REVIEW

Goals achieved?

Goals NOT achieved?

Consequences of Goals NOT achieved?

Biggest win?

Biggest frustration?

Biggest time waster(s)?

What did you avoid?

If you could have the last month over again what would you do differently?

What have you learned about yourself?

WHAT WILL YOU?

ADD	DELETE	ADJUST

Q1 2025 Master Plan**Ninety Day Goals – January 1 – March 31, 2025**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Thirty Day Goals – February 2025

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Weekly Actions – February 2025

Week One	Week Two	Week Three	Week Four
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

NOTES :

LAST MONTH IN REVIEW

Goals achieved?

Goals NOT achieved?

Consequences of Goals NOT achieved?

Biggest win?

Biggest frustration?

Biggest time waster(s)?

What did you avoid?

If you could have the last month over again what would you do differently?

What have you learned about yourself?

WHAT WILL YOU?

ADD	DELETE	ADJUST

Q1 2025 Master Plan

Ninety Day Goals – January 1 – March 31, 2025

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Thirty Day Goals – March 2025

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Weekly Actions – March 2025

Week One	Week Two	Week Three	Week Four
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

NOTES :

LAST MONTH IN REVIEW

Goals achieved?

Goals NOT achieved?

Consequences of Goals NOT achieved?

Biggest win?

Biggest frustration?

Biggest time waster(s)?

What did you avoid?

If you could have the last month over again what would you do differently?

What have you learned about yourself?

WHAT WILL YOU?

ADD	DELETE	ADJUST

DAILY ROUTINE :

It is all very well to have clear goals and a detailed 90-day plan, but if you have no time in your daily schedule to implement the plan it is of no use. The work you have done today will frustrate more than help you.

Everyone has some elements of a daily routine. Even the most disorganised person will do some things in a similar way each day. If you can harness your days and create healthy routines you will be surprised how much more time you appear to have. Your productivity will rise.

There are seven steps to creating a daily routine:

1. Establish waking up and going to bed routines
2. Establish starting and finishing work routines
3. Factor in family routines (E.g. school drop-off)
4. Organise your time in blocks in your calendar
5. Allocate your best possible time as Focus Time to work on your 90-day plan
6. Leave Margins in your day every day (for you, for the unexpected)
7. Squeeze low value tasks – e.g. before or in between meetings



Example of a Daily Routine from a male business owner with a team

TIME	ACTION	ACTIVITIES
5:30am – 7:00am	Before Work	Waking up, exercise, shower, time to reflect, breakfast with partner, assisting family wake up, leave home peacefully, use commute time well in car (motivational podcast)
7:30am	Start Work	Arrive early, coffee and catch up with staff, spend 15 minutes planning their workday.
8:30am – 11:00am	Morning Routine	Best 2-hour block of time for focused work on goals and plans related to growth of business.
11:30am – 12:30pm		Late morning – emails for 30 mins; return calls, other matters before lunch after achieving good progress
12:30pm	Lunch time	30 minutes' walk and eat a sandwich and coffee
1:00pm – 3:30pm	After lunch routine	Appointments with people, sales calls, management of team, other key business activity
4:00pm – 5:00pm	Late afternoons	Return calls, reply to emails, and finish off any loose ends, other admin. Clear desk and make basic plan for following day
5:15pm	Finish Work	Head home or to networking event. Make sure I get my head out of work stresses on way home, listening to music, current affairs, get prepared for family time.
5:45pm – 7:00pm	Arrive Home	Be ready to connect, relate, be helpful to kids with homework, to partner with dinner prep, and make sure all is well.
7:00pm – 9:30pm	Evening	Family time over dinner, wash up, favourite TV, kids to bed, relax for 30 mins with partner.
9:30pm – 10:30pm	Going to bed	Turn off all screens 30 mins before bed, have a shower, get into bed, read, talk with partner, wind down to sleep.



DAILY ROUTINE :

Outline your current 'normal' Daily Routine
(a starting point if you are new to this concept)

TIME	ACTION	ACTIVITIES
	Before Work	
	Start Work	
	Morning Routine	
	Lunch time	
	After lunch routine	
	Late afternoons	
	Finish Work	
	Arrive Home	
	Evening	
	Going to bed	

DAILY ROUTINE :

NEW 'normal' Daily Routine

"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine" ~ **John Maxwell**

TIME	ACTION	ACTIVITIES
	Before Work	
	Start Work	
	Morning Routine	
	Lunch time	
	After lunch routine	
	Late afternoons	
	Finish Work	
	Arrive Home	
	Evening	
	Going to bed	

CHANGE ONLY COMES THROUGH ACTION

Research shows that people only really change when they take action. Most significant changes in life are forced upon us negatively rather than chosen positively.

All this thinking about your life to plan how you are going to do things this quarter will make ZERO difference unless you start acting immediately.

To make sure you do not repeat last quarter again this quarter you **MUST MAKE** changes!

The ONE THING I MUST START IMMEDIATELY that has become obvious today?

WAYS TO WORK WITH JOHN :



1. Key Person Mentoring

A 90-day 'Let's Get You Moving

To clarify vision, create a strategic plan and help you start implementing that plan

B Increase your capacity

Strategic mentoring to help you take back control of your busy life

2. High Achiever to High Performer

This mentoring program helps people used to being successful in their work to extend that success across all the areas of their busy lives.

3. Mentoring for Business Owners with a team

- **'Buy Back a Day'** – for busy business owners who want to grow your business and get your life back
- **'Take-home not just turnover'** – ensure your business is maximising profit
- **'Build your Dream Team'** – empower your team so you can be confident to take time off for holidays.

4. Other Business Services

- Strategic Planning Facilitation for Senior Leadership Teams
- Exit Strategy Planning for business owners and directors
- Mentoring for busy CEO's to gain perspective and process their leadership role and how it impacts their life
- Team and individual employee behavioural assessments and training
- Social & Emotional Intelligence assessments and training

Questions, Ideas, Thoughts...