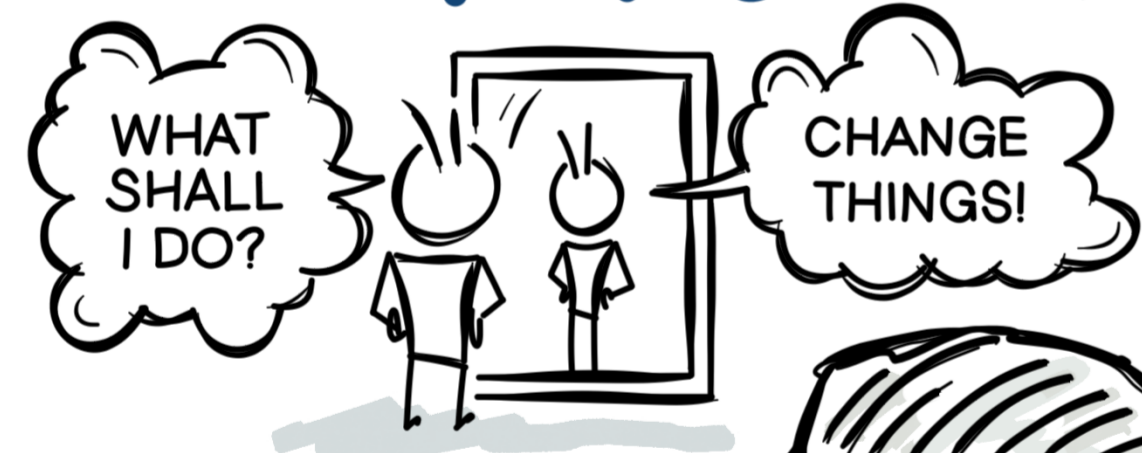


MY BURNOUT  
 WORK WORK WORK  
 WINE WINE WINE



- TIRED
- STRESSED
- DIDN'T CONVERT SALES DEAL

BURNOUT



leanne SPENCER

BODYSHOT PERFORMANCE  
 HEALTHSPAN NOT LIFESPAN

@leannespencerkeynote



THE PRO TENNIS TOUR IS BRUTAL... SO WHY ISN'T SERENA WILLIAMS BURNING OUT?

- I CHANGED THINGS
- RESIGNED
  - STARTED BREATH WORK
  - BECAME AN EXPERT ON SLEEP
  - TOOK CARE OF MY GUT
  - STARTED CYCLING
  - RESTARTED BOXING
  - MEDITATED

YOU'RE NOT GRAND SLAM FIT ALL YEAR ROUND

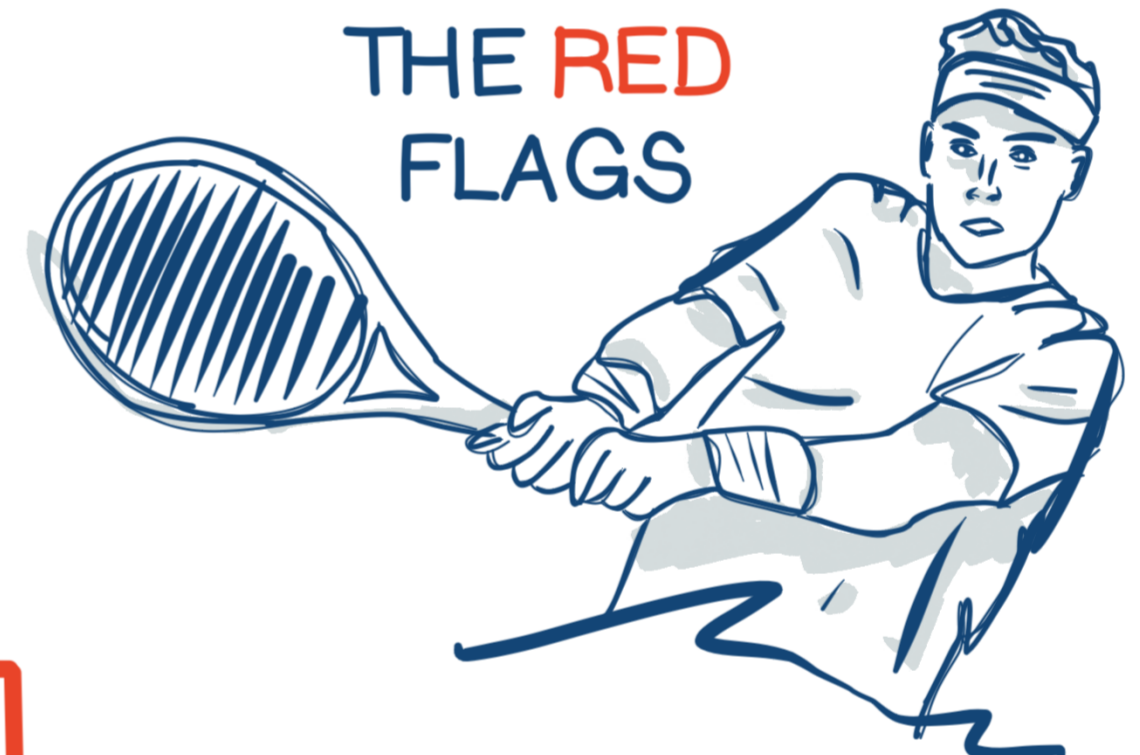


THE SIX SIGNALS



MENTAL HEALTH  
 RESILIENCE  
 RECOVERY  
 FITNESS

BUT WATCH THE RED FLAGS



NOT TOO FAST  
 TOO HARD

MOST DEMOCRATICALLY AVAILABLE PERFORMANCE ENHANCING STRATEGY YOU CAN ADOPT



SOMETIMES A HUG CAN BE ENOUGH

When Are Your Wimbledon's?

THE CADENCE APPROACH™