

Welcome to

Cambridge Inner Game Leadership

Neuro & Mindful Leadership

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“The greatest weapon against stress is our ability to choose one thought over another”~ by William James



Cambridge Inner Game Leadership has been modeled on the 1% Marginal Gains sports model. "The whole principle came from the idea that if you broke down everything you could think of that goes into riding a bike, and then improved it by 1%, you will get a significant increase when you put them all together"

Dave Brailsford (2012)

What causes us stress?



Nourish

Bodies running on substandard fuel, produce substandard results

- Fatigue
- Slow mental processing
- Poor immune system
- Poor quality of sleep



Hydration

Hydration is essential for everyday function
Even minor levels of dehydration can result in:

- Loss of concentration
- Headaches
- Lack of appetite
- Nausea



Food

Getting the right balance of macro nutrients will have you feeling healthy and energised, able to maintain focus and productivity

- Carbohydrates



- Proteins



- Fats



Move

In order to keep our heart and lungs functioning well and to stave off disease, we need to make sure constructive exercise is a regular part of our week. Every day stretch:

- Hamstrings
- Hip flexors
- Neck
- Shoulders



Move

<https://www.youtube.com/watch?v=TXmQvlrs7A8>

Sleep

Sleep should be considered a vital and desirable part of a healthy life style and should be given the same attention as diet and exercise. You can consider:

- Sleeping environment
- Regular bedtime
- Decreasing alcohol, caffeine and sugar intake
- Increasing exercise to release tension



Values



“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”

Mahatma Gandhi

- Now begin to write your own outcome, or goal for Health & Fitness as a leader
- Remember to use your top 4 value words to help motivate you to achieve your goal



Reflective questions:

- How do my choices affect my ability to be healthy?
- What message does my lifestyle project to those who look up to me?
- How can I encourage my team to increase their performance level within a working environment by thinking about their own health & fitness?
- Have I any limiting beliefs around my health and fitness?
- How have I motivated myself this month?