



Kānuka
WELLBEING & LEADERSHIP

“Building wellbeing and leadership practices that support individual growth and organisational prosperity.”

15:3:1© Personal Wellbeing System Recovery & Rejuvenation

Your development of emotional awareness, a proactive mindset, and using our 15:3:1© wellbeing system are keys to **sustainable success**.

These principles, consistently applied, create a wellspring of energy you can draw from to nourish yourself and build your team.



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What results can you expect by putting a recovery and rejuvenation plan into practice?

Clarity.

Purpose.

Way more ideas.

Inceased personal productivity.

Clearer meetings with team members.

Greater focus.

Better connection with your family at home.

Make your rejuvenation plan a priority

This is not another day to tick jobs off, do stuff around the house or just 'not do work'.

Today needs to include activities that you look forward to doing, that you personally find refreshing and rejuvenating for your wairua (increases your energy).

It could be with people or not with people.

Lots of people get more refreshment from being in natural spaces outdoors.

15:3:1 Practices

We've found that working with a 90-day cycle is the most effective. Short enough to keep the end-goal in sight; long enough to create effective habits and see tangible results.

1%

15 min. daily - to feel refreshed, rejuvenated, re-energised
(equates to about 1% of your day - over 3 months accumulates to 1 day)

2%

3 consecutive hours weekly
(equates to less than 2% of your week - over 3 months accumulates to just under 2 days)

3%

1 day monthly - full day
(equates to about 3% of your month - over 3 months accumulates to 3 days)

10%

When added up over 90 days this equates to less than 10% of your time!

With your commitment to the start of a personal wellbeing programme, record below what this individual system would look like for you...and then of course, activate it!

1. What will be your 15-minute daily practice that you look forward to each day to inspire joy, happiness and peace?

{Ideas: brief walk, meditation, prayer, listen to music, journalling, play a musical instrument, connect with friend/family member...}

2. What is your weekly 3-hour practice that you look forward to each week that is refreshing and rejuvenating?

{Ideas: go for a swim, enjoy a bike ride, have a sleep, unplug, cook...}

3. Schedule your monthly 24 hour unplug from work and responsibility and fill it with activities that refresh and rejuvenate. These might be...

{Ideas: plan a family trip, visit someplace you have never been to before, go for a hike and enjoy nature - with friends or by yourself, enjoy a pamper session followed by leisurely lunch...}

An additional **'power up'** practice we recommend is a quarterly time-out session (every 90 days), to reflect, review, plan and prepare for the coming 90 days.

With any new journey, the final destination, key 'safety' check-ins, the required resources and an accurate map will make your successful arrival much more likely!

We can help you with that.

We provide one-to-one coaching that will protect your mindset, measure your progress, keep you on track and motivate action.

Get in touch!

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