



BCCI

Health and Wellness



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What do organisations expect from their employees?



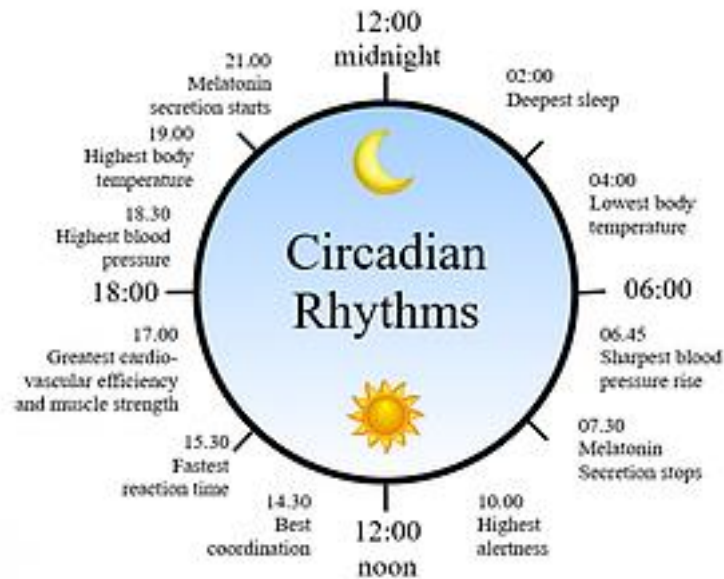
$$1.01^{365} = 37.8$$

$$0.99^{365} = 0.03$$

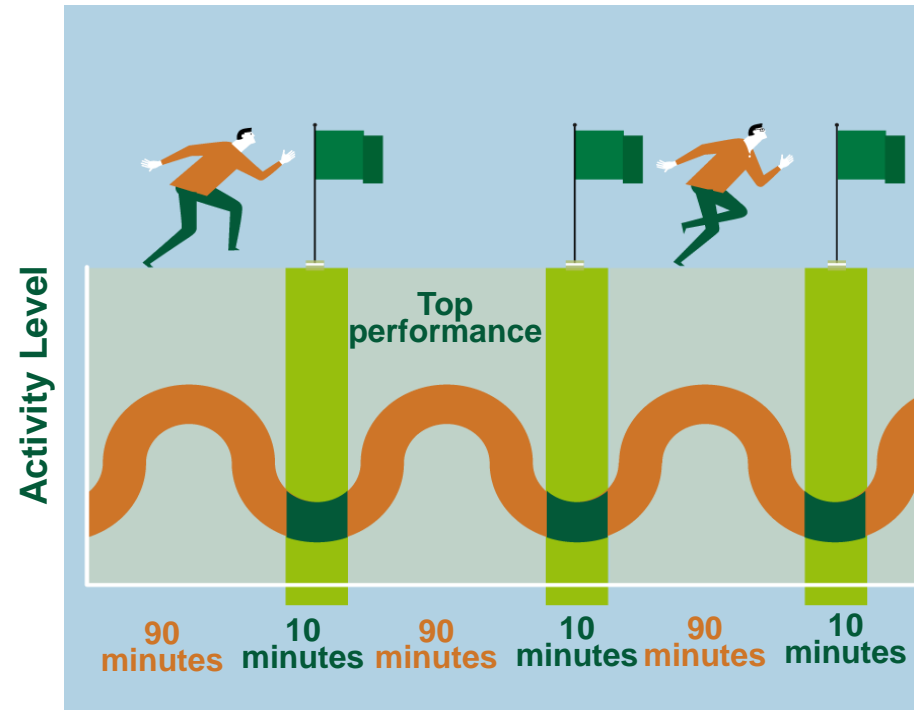


WHY: You are not a machine!

Daily Cycle



Energy Cycle



WHAT: Your Well-Being: Think 90/10





HOW: Ensure our well-being using 90/10



's 90/10 Action Plan





Further Reading

Energy Project: <https://www.youtube.com/watch?v=ug4AkpPnkmU>

Jim Loehr & Tony Schwartz: “The power of full engagement: Managing energy, not time, is key to high performance and personal renewal”

Tony Schwartz – Energy Project <https://theenergyproject.com/about>

Jim Loehr - J&J's Human Performance Institute with the Corporate Athlete program <https://www.jjhpi.com/training-solutions/corporate-athlete>

A good summary on the book is available from the Harvard Business Review <https://hbr.org/2001/01/the-making-of-a-corporate-athlete>



Thank you!



Bye-Bye

