

HEADSTRONG PERFORMANCE



IGNITING BRAINS TO BREAK
THROUGH PERFORMANCE PLATEAUS



Leadership Tai-Chi

“Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.”

Bruce Lee

Lessons learned from the military, and from training athletes, has taught us that the ability of any team, or organization, to remain on top of its game and relevant, is dependent on the level of adaptability and agility that team, or organization, possesses.

Overwhelming research is showing that today’s increasingly demanding markets are stretching our executives so thin they are suffering from chronic exhaustion, stress, and burnout, which in turn jeopardizes an organization’s adaptive capacity. However, this does not have to be so.

In this workshop, Leadership Coach and Martial Arts Expert, Marcel Daane, will teach you how to implement the five fundamental principles of Tai-Chi and Qi-Gong into your leadership approach. Applying the five principles will provide you with the necessary tools for greater self-awareness, self-control, and mindfulness, which in turn will enable you to become an even more effective communicator and motivator who will become an island of calm for their team, even in the most stormy oceans.



Marcel Daane

MSc Neuroscience of Leadership

Recipient of the 2012 Global HR Excellence Award in Leadership as well as the 2016 Global Coaching Leadership Award, Marcel Daane is considered one of the pioneers in integrating health behavior and neuroscience to improve performance in executives and organizations. With over 20 years of coaching experience across business, sports, health and cognitive performance, his integrated approach has transformed the lives of thousands of executives and has subsequently helped improve the performance of numerous multi-national organizations from a wide variety of industries.

Marcel is the author of the internationally acclaimed book: “*Headstrong Performance*” Headstrong means determined, focused and committed and Marcel learned from the best about what that really means. His mother was exiled, but ultimately honored, by South Africa for her courageous stand against apartheid. Marcel’s own life-journey has taken him from military service in naval intelligence, elite Martial Arts Practice, to coaching Olympic and professional athletes, and ultimately into executive and leadership coaching.

Marcel is the founder, and CEO, of Headstrong Performance, a boutique-consulting company that facilitates leaders to raise organizational performance by improving health, performance and leadership capacity, and employee engagement.

Marcel holds a postgraduate degree in the Neuroscience of Leadership from Middlesex University and an Undergraduate Degree in Complementary Medicine from Charles Sturt University coupled with advanced certifications in fitness and performance coaching.





“Marcel drove home the connection between a healthy mind and a healthy body to the participants of our regional leadership conference. Participants learned to increase mental well-being and perform more effectively in their leadership roles.”

MICHAEL BRAUN

General Manager, Africa and Asia Pacific
Daimler Financial



“Marcel delivers a life changing message about healthy work-life balance, good nutrition, rest and regular exercise, all leading to an improvement in performance, individually and as a team. A great way to bring about real, positive, and productive change.”

COLIN SAMPSON

Senior Vice President and CFO
SAP-Asia Pacific



“ I completely buy into what Marcel is doing. Marcel conducted a 2-day Headstrong Performance training program with my regional leadership team and I'm still seeing the positive effects on their performance. That is the sign of a very effective program.”

TONY GRANDIDGE

Senior Vice President
Euronet Worldwide

