

HEADSTRONG PERFORMANCE



IGNITING BRAINS TO BREAK
THROUGH PERFORMANCE PLATEAUS



LEADING FOR CHANGE

HOW TO MANAGE and DRIVE CHANGE IN THIS VOLITILE BUSINESS WORLD

*"It is not the strongest or the most intelligent who will survive
but those who can best manage change."*

Charles Darwin

In his 1949 book: "The Organization of Behavior", Donald Hebb proposed a neuroscientific mechanism called Neuroplasticity. Since then, an overwhelming amount of research has explored how our brains are constantly rewiring in response to internal, and external, environmental change.

However, in today's disruptive and volatile business climate, organizations are forced to adapt to so much change that, if not managed effectively, it risks chipping away at the resilience of their people. Ultimately, organizational resilience and adaptability are dependent on the collective brains of its people. As adaptability in our people decreases, so too does their adaptability to change, resulting in a drop in employee engagement, and finally, organizational performance.

In this one-day program, Executive Coach, Author and Speaker, Marcel Daane, will share with you the research behind "The Changing Brain" and will teach you how to not only manage change within yourself, but more importantly, to thrive during times of change. Furthermore, you will also learn how to become an ambassador of change who inspires, elevates, and mobilizes others to rise to the occasion and overcome any obstacles so the entire organization can turn in the desired direction toward sustained growth and success.

Program Overview

Morning: Managing Individual Change

Introduction 08.00 – 08.30	Description	Introductions Housekeeping
The Change Challenge 08.30 – 10.00	Description	A facilitated session exploring the current challenges within the organization and discussions around which behaviors we would like to see in an organization primed for change
The Change Mindset 10.00 – 12.00	Description	A Facilitated session exploring how to maximize change capacity within our own minds and understanding how to remove any mental road-blocks that may be preventing our own adaptability to change.
Lunch 12.00 – 13.00		
Afternoon: Driving Change in Others		
Communicating Change 13.00 – 15.00	Description	A facilitated workshop exploring how to use communication techniques from positive psychology as effective tools to inspire change within ourselves and others.
Driving Change 15.00 – 17.00	Description	A facilitated group session focusing on developing actionable change management strategies using a change management template



Marcel Daane

MSc Neuroscience of Leadership

*Author of: **Headstrong Performance***

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