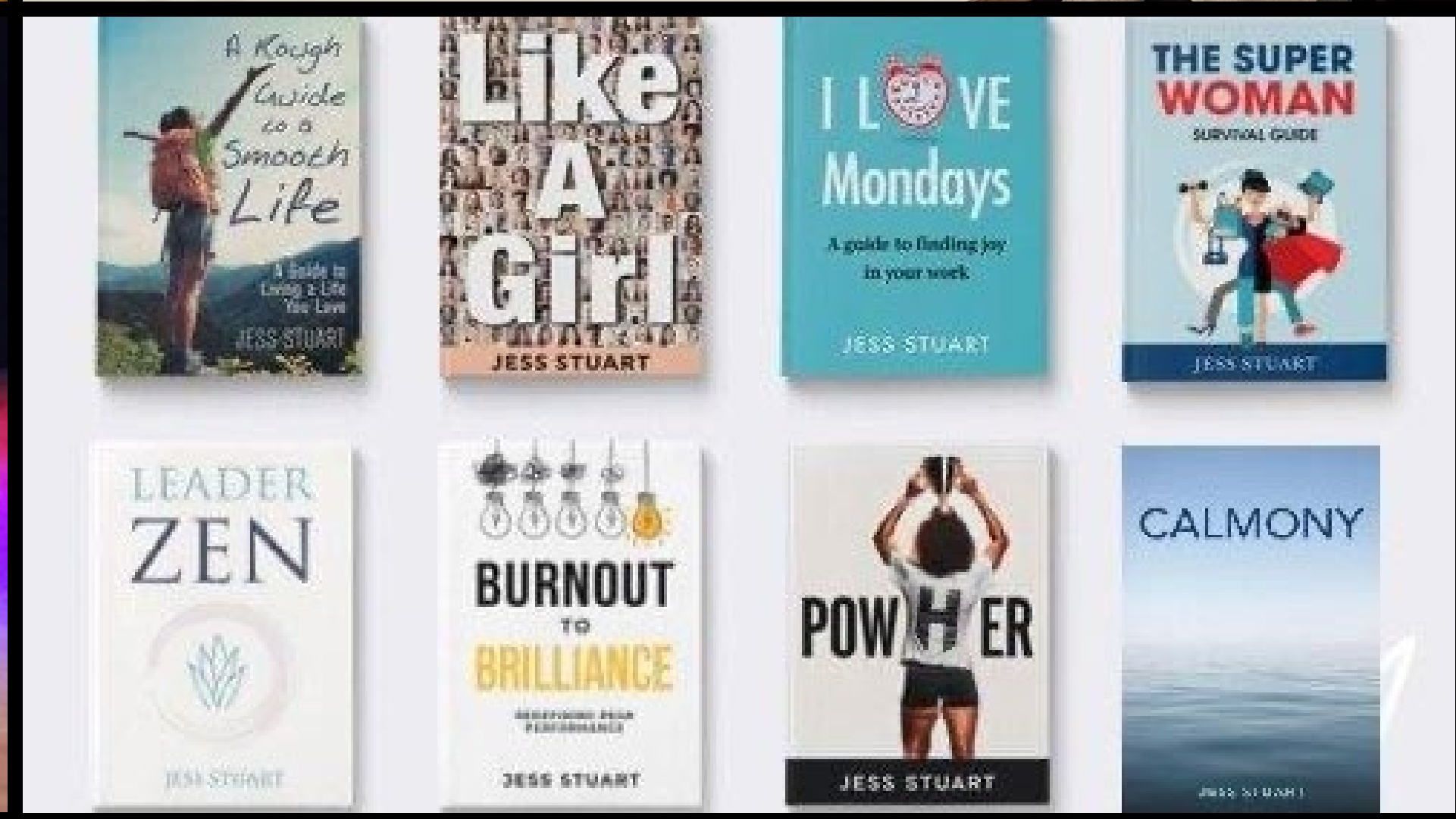


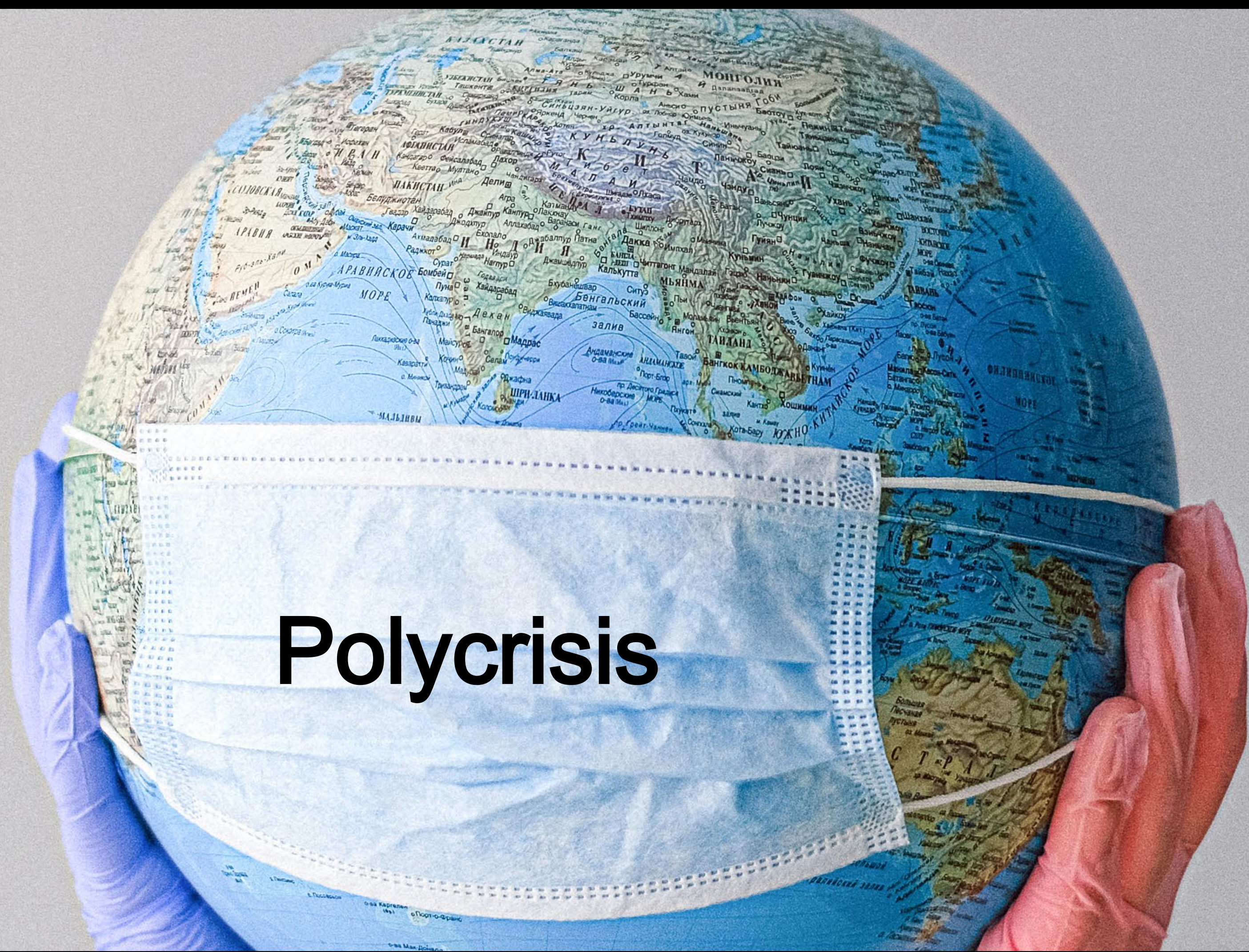


SHAPING RESILIENT & PROGRESSIVE LEADERS

Jess Stuart
Author & Coach



Polycrisis



82%

Regularly finish work
feeling mentally and/or
physically exhausted

43%

Report increased
irritability



**"There is an expectation
that senior leaders will
get the job done, no
matter what."**

49%

Have difficulties sleeping

59%

Are unable to relax
or pause activity

38%

Have reduced energy
or emotional changes



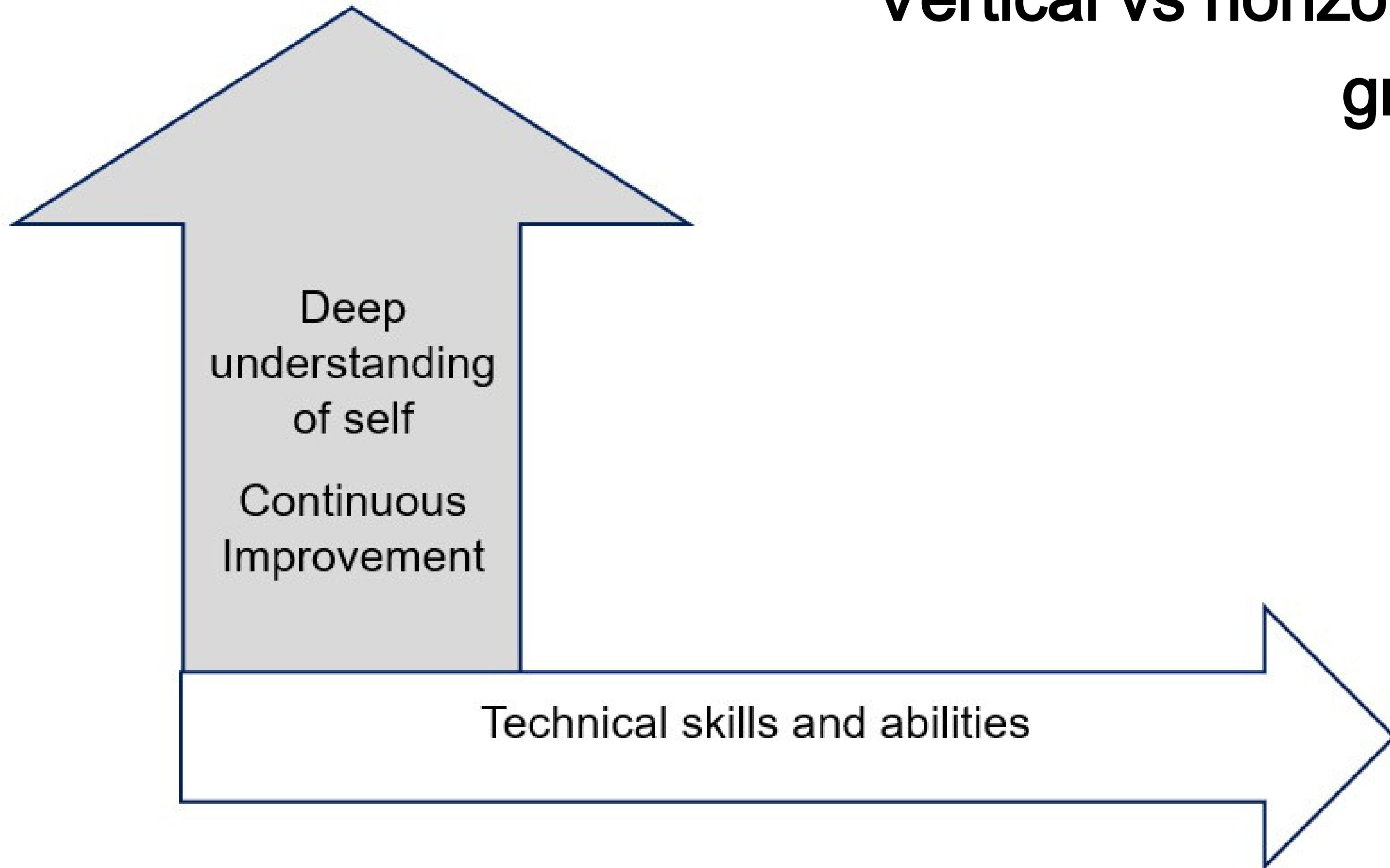
Culture Carriers





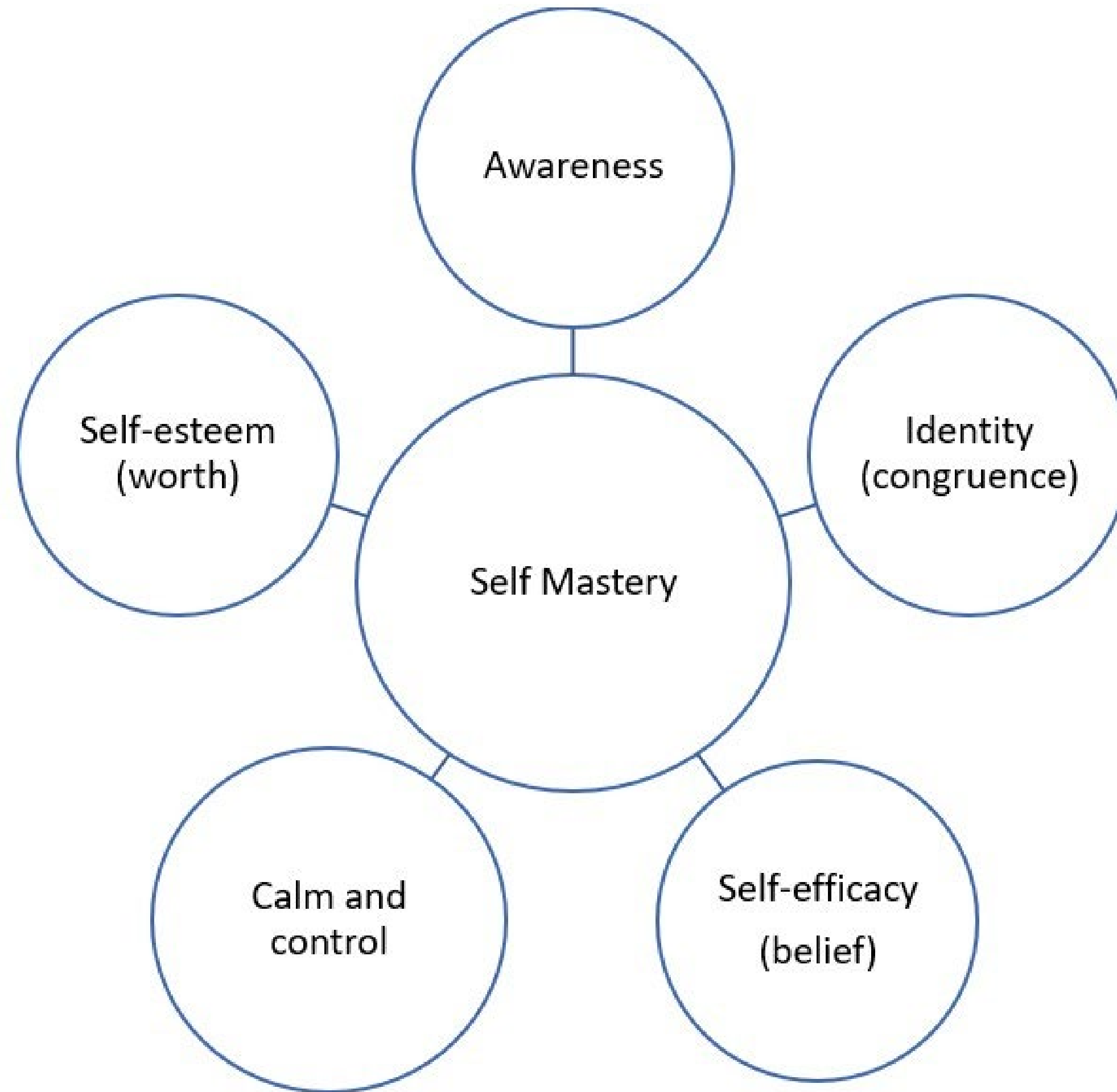
Leading with humanity

Vertical vs horizontal growth



Self Mastery







The person in the
room with the
most power, is the
one who is calm

Liz Gilbert



intelbras

 **viralhog**

14-04-2020 08:03:20

Equanimity





Empty tank

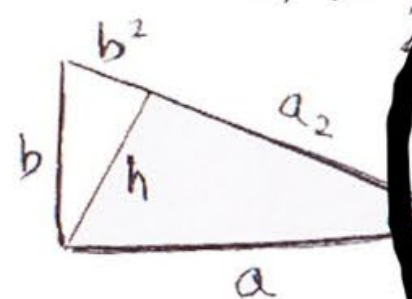
Sustainability



$$F = \frac{ma}{\sqrt{1-u^2/c^2}} + \frac{m \cdot (u^2/c^2)}{(-u^2/c^2)^2}$$

$$Q = mc\Delta t$$

$$\lim_{\Delta y \rightarrow 0} \frac{f(x_0 + \Delta y) - f(x_0, y_0)}{\Delta y}$$



$$2+2=4$$

$$\Delta = \sqrt{p(p-a) \cdot (p-b) \cdot (p-c)}$$

$$AB = \sqrt{(x_2 - x_1)^2 + (y_2 - y_1)^2}$$

$$x + bx + cx = 0$$

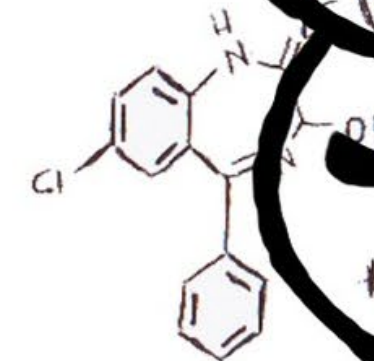
$$h = \sqrt{a \cdot x \cdot b} = \frac{xb}{c}$$

$$E = mc^2$$

$$a^2 - b^2 = (a-b)(a+b)$$

$$\sqrt[n]{a \cdot b} = \sqrt[n]{a} \cdot \sqrt[n]{b}$$

$$f(x) = a(x-x_1)(x-x_2)$$



$$f(x) = a(x-x_1)(x-x_2)$$

$$b^2 + c^2 - bc \cos \alpha$$



$$Z = \frac{1}{\sqrt{2} \pi}$$

$$\cos \alpha + \cos \beta = 2 \cos \frac{\alpha + \beta}{2} \cos \frac{\alpha - \beta}{2}$$

$$b = \frac{\log c}{\log a}$$

$$\sin \alpha + \sin \beta = 2 \sin \frac{\alpha + \beta}{2} \cos \frac{\alpha - \beta}{2}$$

$$Z = \frac{1}{\sqrt{2} \pi} e \cdot \frac{d^2}{2}$$

$$2+2=4$$

$$E = mc^2$$

$$\int_0^\infty \frac{\operatorname{erf}(\sqrt{x})}{e^x} dx = \frac{\sqrt{2}}{2}$$

$$\tan \alpha = \frac{y_2 - y_1}{x_2 - x_1}$$

$$Q = mc\Delta t$$





LEADER ZEN



www.jessstuart.co.nz

