



STEVE DAVIES

PERFORMANCE COACHING

8 things that are working for my coaching clients



Writing a "Mission Statement" or designing a "Compass" to guide your own behaviour

Lots of companies have their own mission statements of their purpose or objectives, but have you ever written one for yourself?

Alternatively, we may produce a compass for you - a set of values or behaviours that you want to adhere to even under pressure or stress.

B'S MISSION STATEMENT



- I love to support passionate entrepreneurs & play a role in bringing innovative technologies to the world.
- Having an impact on people's lives drives me forward.
- I aspire to be a strong, kind & compassionate leader who inspires & empowers people - an agent for positive change.
- I want to spend more time on my relationships & to focus on my physical & mental health.

February 2023

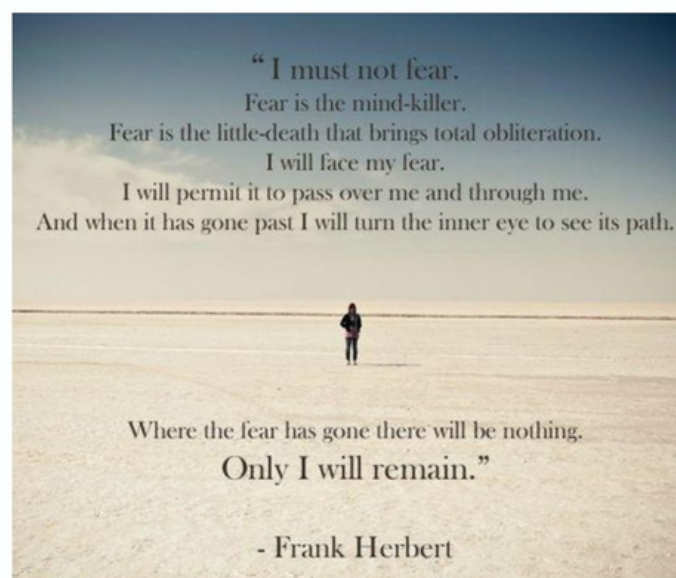
A'S COMPASS

Be **BRAVE**

Bring **ENERGY**

ENJOY being part
of special team

Plan & then
ACTION



Walk **TALL**
every day

Be **SUSTAINABLE**
(healthy & social)

NOTICE how you feel &
react to good & bad

March 2023



Uphill walking

This can be a great way to burn calories (and particularly fat) at lower intensities. Also good for those unable to run due to injury.

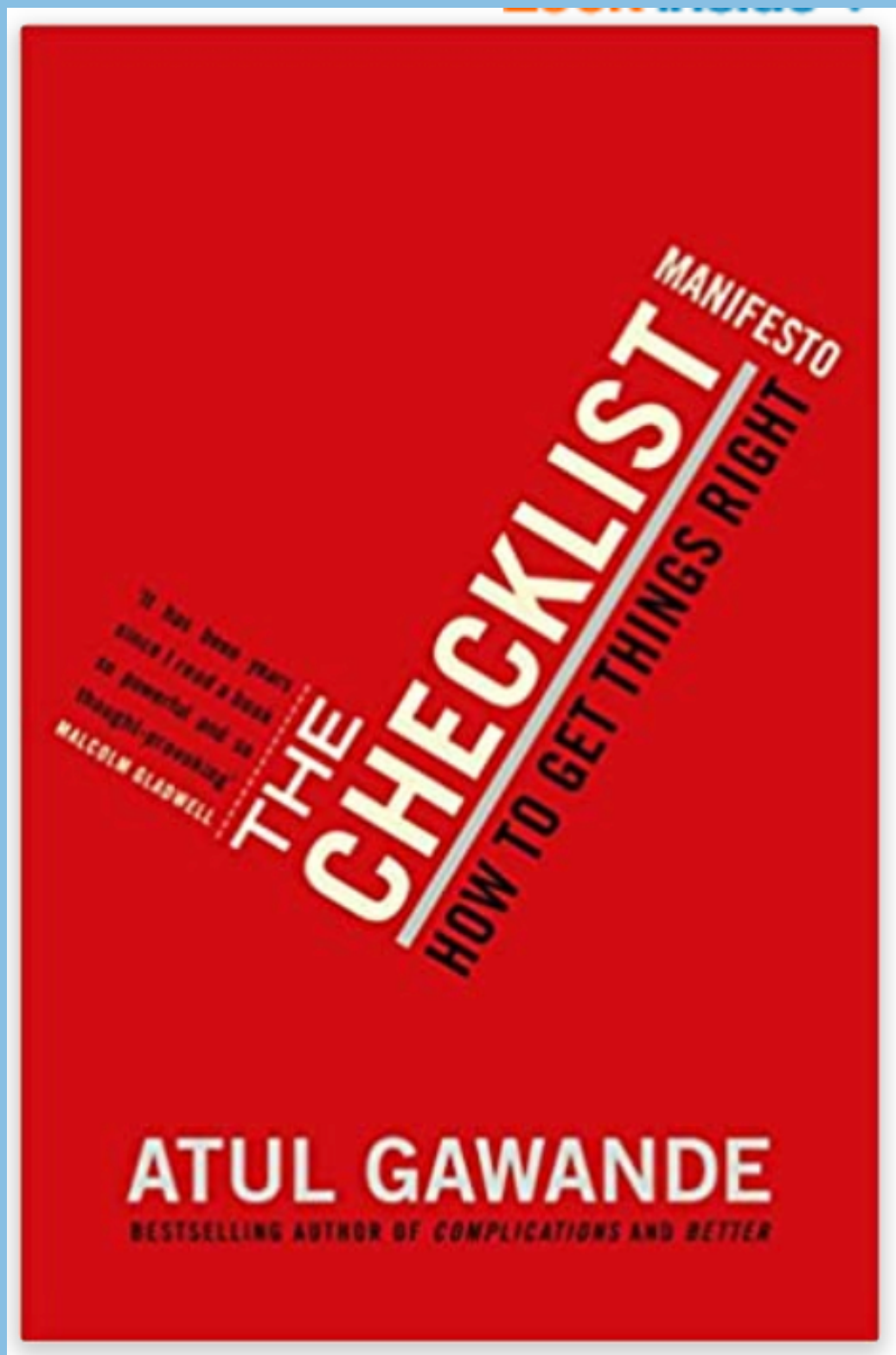
You don't always need to flog yourself in the gym, especially if you are already feeling mentally stressed or physically tired.

You are aiming for about a heart rate of around 60% of your max (115 bpm for me but will be different for all).

Set a treadmill for 3 mph (5 kmh) and incline of 12, adjust as appropriate.



Checklists



What are your tell-tale signs that you are pushing yourself too hard & getting into your "red zone"?

What are the things you need to do to reset or rebalance yourself when you get into this dangerous zone?

Share the lists with someone you know well...they will spot it before you do!



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Eat better bread

Most of the bread on sale today is ultra processed rubbish with zero nutritional value.

I used to eat loads of it - toast for breakfast, sandwiches for lunch etc etc.

Not any more...

Now feel fuller for much longer in mornings; lost inches rd waist



<https://www.mynewroots.org/site/2013/02/the-life-changing-loaf-of-bread/>



What could your ideal week look like in a year's time?

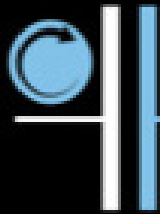
Current role or a new one?

5 days a week on one thing only or another version?

In office, WFH or hybrid?

How much "Breadth" do you have in your life outside of your main professional role?

- Friends
- Leisure/hobbies
- Other roles, eg NED, charity



Dropsets

Time-efficient strength training

Everyone should do strength training at least once a week, regardless of age or gender.

You can do this for all your major muscle groups in 20-25 mins.

- Do 7 reps of an exercise, choosing weight such that final rep is hard to complete.
- Drop weight by 20% (ish) and do 10 reps of same exercise. No rest in between.
- Drop weight by another 20% and do 13 reps of same exercise. Again no rest.
- Move onto next exercise.

Simple circuit

Squat

Chest press

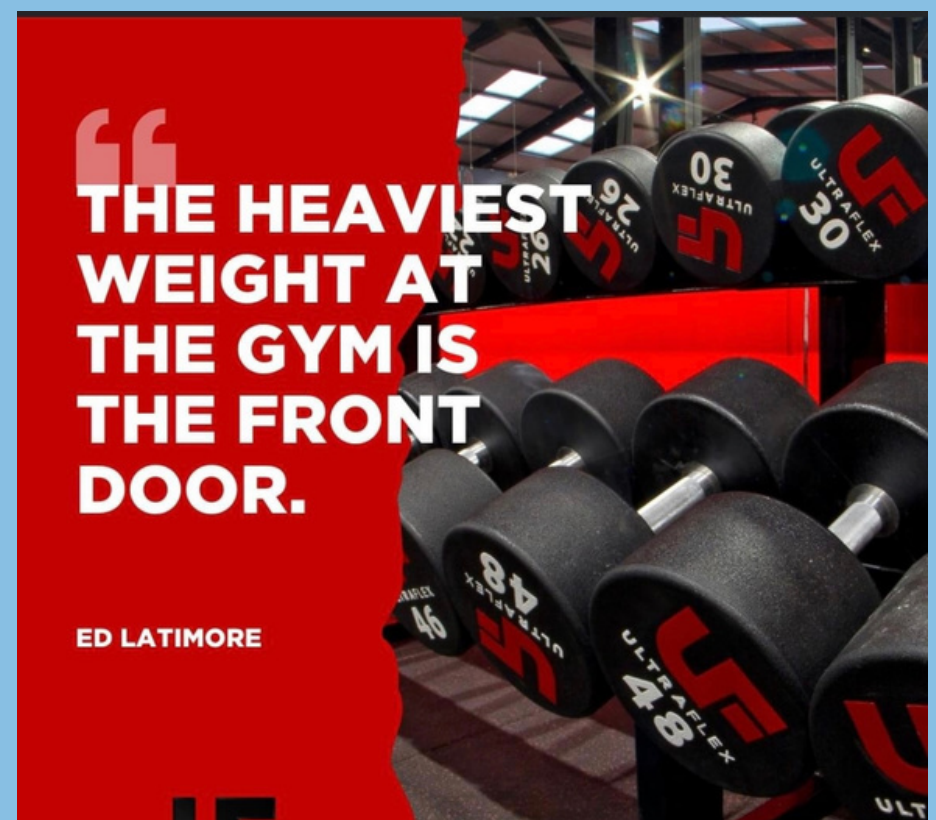
Deadlift

Row (can use TRX)

Lunges

Shoulder press

Pull-down/Pull up (assisted)





Plan tomorrow before you leave tonight

Stop today's work 10-15 mins before departure time. Set an alarm/reminder if needed.

Choose one (& only one!) "Important" thing you want to focus on tomorrow.

Pick 1 or 2 "Urgent" things that you also want to complete.

Review what you achieved today; adjust tomorrow's ambitions if necessary.

Start tomorrow on the Important thing, ideally before emails etc interrupt.

Blue light blocker for your phone/tablet



Blue light from screens can cause eye strain, tiredness, headaches etc & interfere with melatonin cycle that initiates sleepiness in evening.

You can get blue-light blocking glasses, but many people forget to put them on.

So just stick a filter on your phone/iPad screen instead.

www.ocushield.com

(Can also find on Amazon)



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Find out more about how we can work together to develop your performance, productivity & enjoyment at work and improve your physical & mental health.

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