

Guiding Your Team To Better Health For A Better Workplace

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Better Me Nation

Report Card

Math	C+
Science	B-
Creative Writing	C
P.E.	B+
Art	B+
Foreign Language	C-
Cumulative Grade	A+

How Is This Even Possible?

It's Not

Report Card

Then This Isn't
Either

Mental Health	C+
Diet	C+
Exercise	C
Relationships	B
Emotional Resilience	B-
Principle Centered Living	A
Cognitive Excellence	B-
Cumulative Grade	A+



You



Expectations







Capacity < Needs



WHAT HAPPENS WHEN THE
CAPACITY FOR COMPANY GROWTH
IS LIMITED BY THE CAPACITY OF
GROWTH BY ITS PEOPLE?

YOU INCREASE THE
CAPACITY FOR GROWTH

WHEN HEALTH IMPROVES,
CAPACITY INCREASES



6 CATEGORIES OF HEALTH

BRAIN

EMOTIONAL

MENTAL

PHYSICAL

SOCIAL

SPIRITUAL

The 10 Power Habits of Healthy And Happy People

The 10 Power Habits of Healthy And Happy People



Do New Things



Service



Diet



Movement



Prayer / Meditation



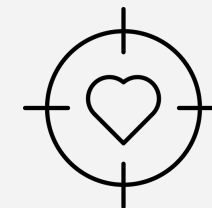
Learn New Things



Community



Sleep



Purpose



Gratitude

The 10 Power Habits of Healthy And Happy People

	Brain	Mental / Emotional	Spiritual	Physical	Social
• Sleep	●	●	●	●	●
• Movement	●	●		●	●
• Community	●	●			●
• Purpose	●	●	●	●	●
• Gratitude	●	●	●	●	●
• Diet	●	●		●	●
• Learning	●	●	●		
• Experience	●	●	●		●
• Service	●	●	●		●
• Prayer / Meditation	●	●	●		●

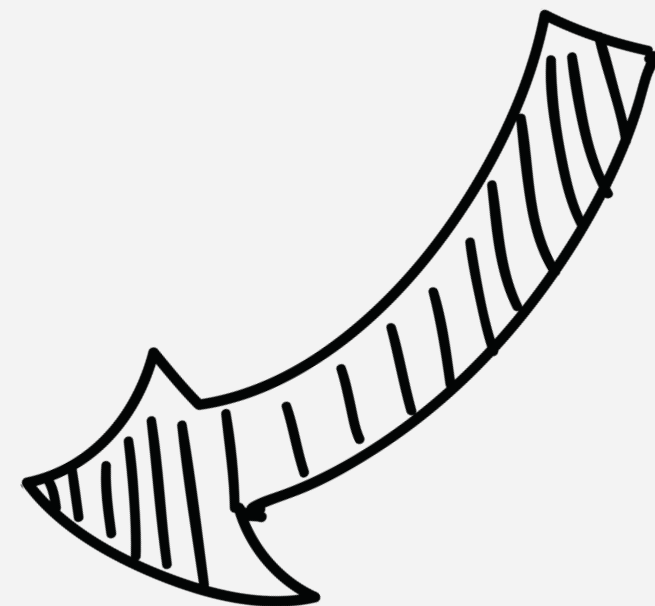
How Can You Help Your Team Self-Identify
Which Power Habits Would Increase Their Growth Capacity?

Think Like A Coach



Active Listening

Establish Trust and Understanding As
The Foundation



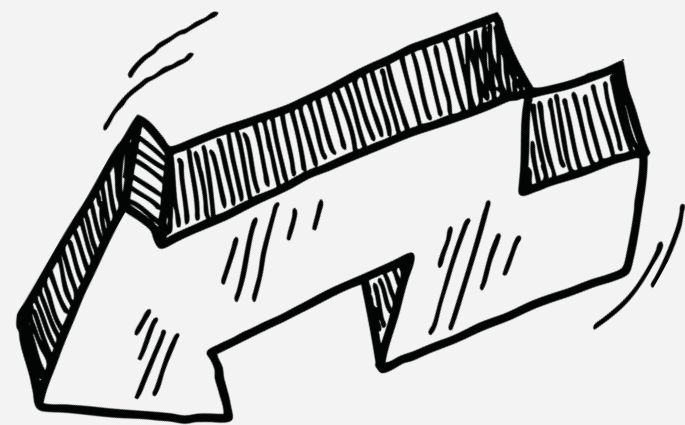


You are not giving feedback or advice.
Just understanding.

Active Listening



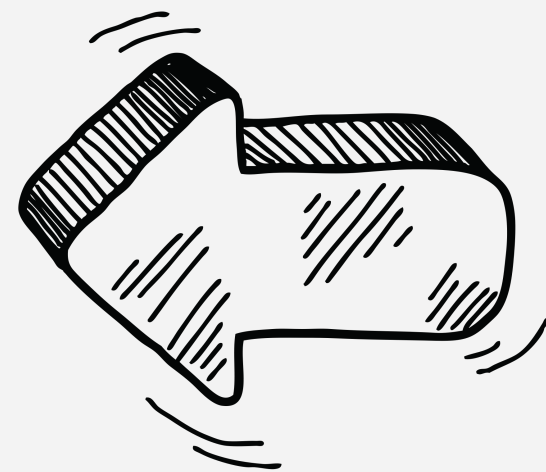
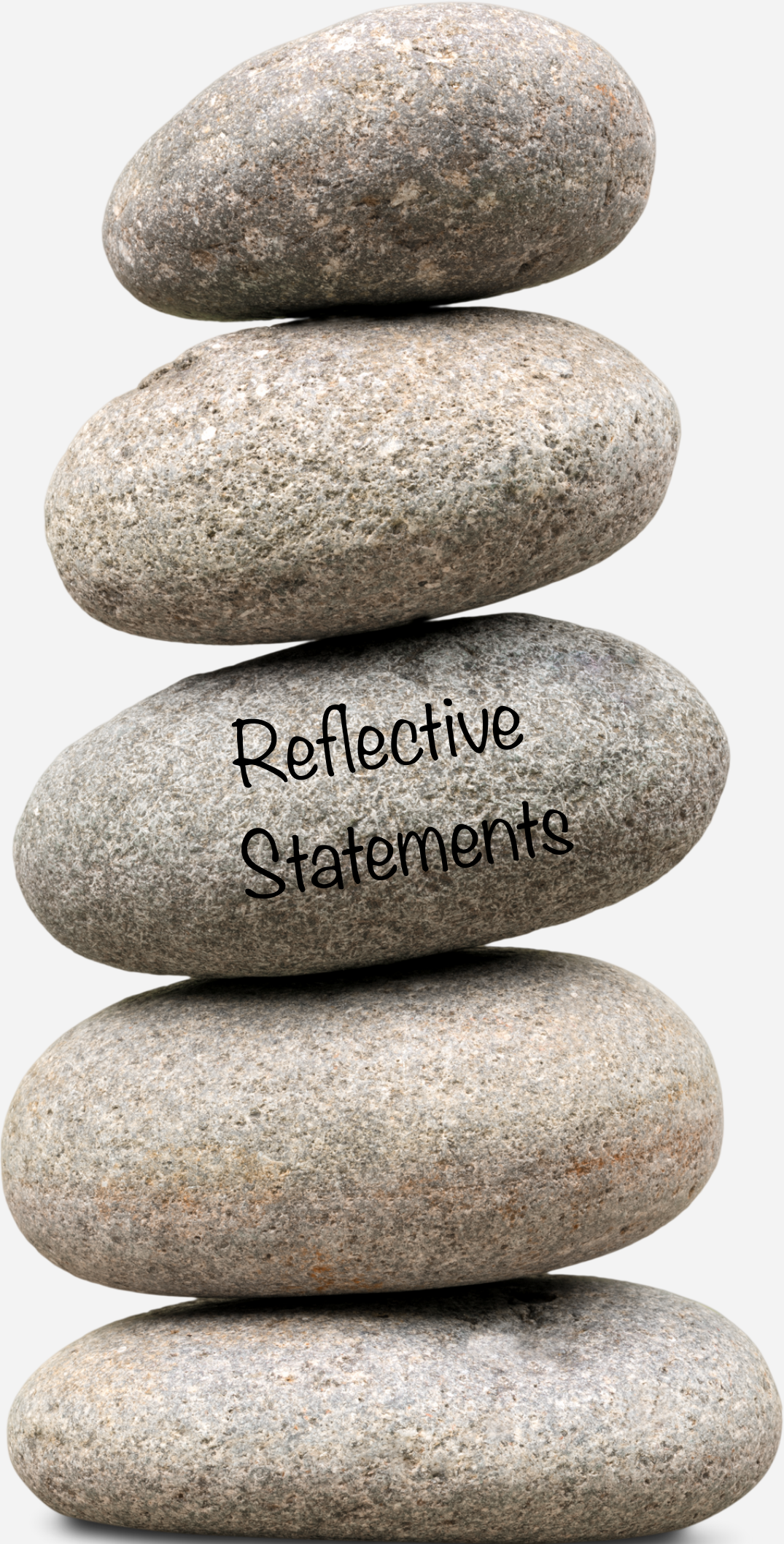
High Mileage
Questions



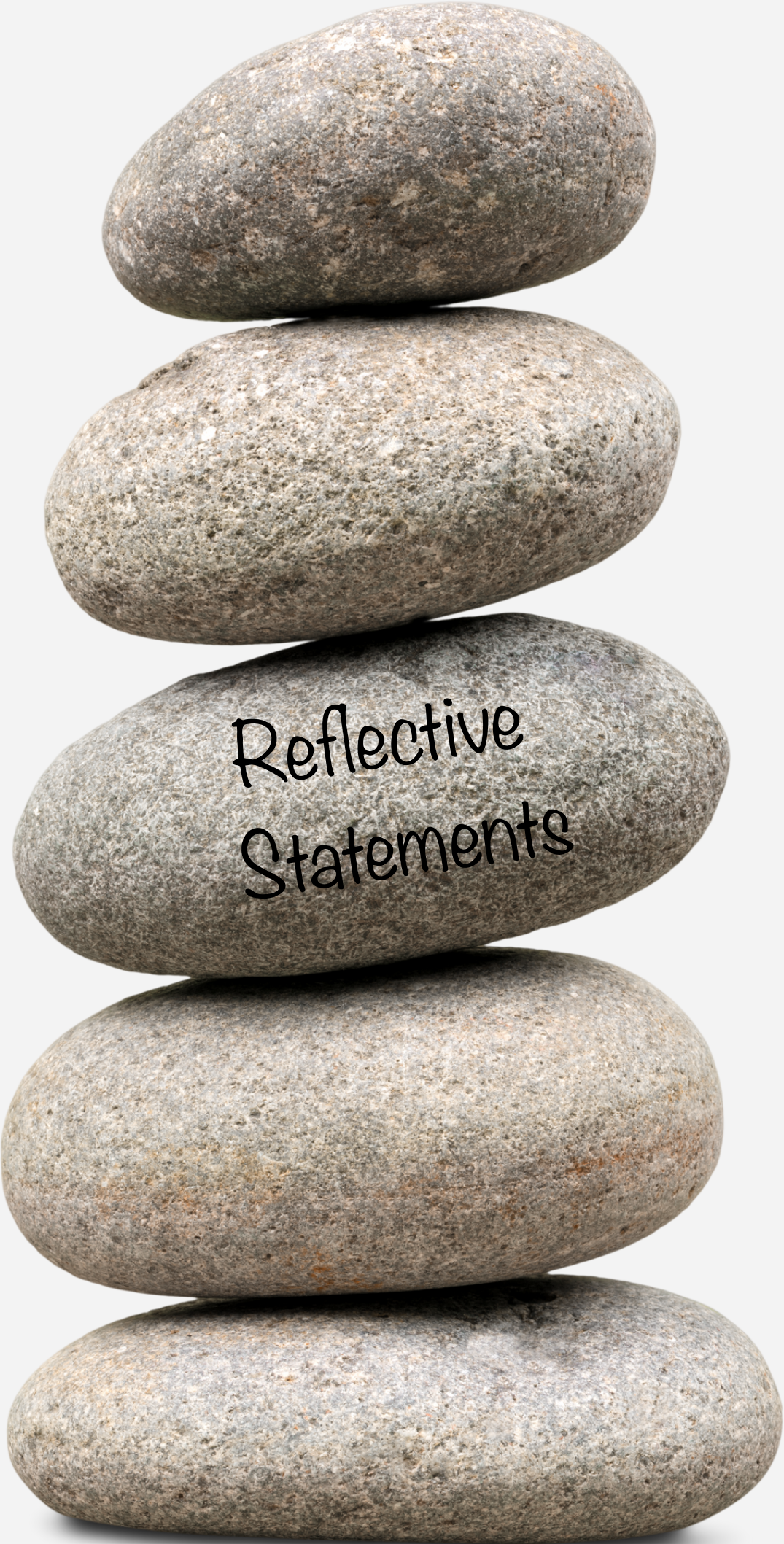
Deep and Authentic
Conversations



- What was different about the time when you...?
- What would it look like if you changed your story?
- Who would you be without your story around...?
- What have you tried to solve this problem yourself?
- What was your intention behind... ?



People Begin To Understand
Themselves Better



By using reflective statements, the other person can more objectively view their own words, behavioral motivations, and limiting beliefs – and ultimately better understand themselves.



We Become Aware Of
How We Influence Others



As leaders, we use self-awareness to ensure our communication conveys empathy, compassion, and encouragement.



Unconditional
Presence

Your Undivided Attention
Communicates Their
Importance

A stack of five smooth, grey, rounded stones, likely river stones, stacked vertically. The top stone is slightly offset to the left. The stones have a textured, pebbled surface with some darker and lighter grey tones.

Unconditional
Presence

- Be in the moment.
- Give your undivided attention.
- Remove distractions.
- Stay curious.
- Don't be afraid of silence.

thank you

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Facebook: /keddington

Podcast: Overcome and Become