



# **BUILDING SUSTAINED HIGH-PERFORMANCE**



# HIGH-PERFORMANCE REDEFINED

In a world of busyness and distraction, **reactivity, inefficiency, disconnection and fatigue** are the new norm.

## **This doesn't have to be your reality.**

The answer isn't pushing harder for longer, or cramming more activity into the already full schedule.

Sustained high-performance requires:

- Clarity of ambition
- A deep connection to what matters most
- The vitality to perform consistently
- Discipline to the systems and routines that take you from knowing what's required, to doing it, even when it's uncomfortable.

We work with individuals, teams and organisations to build sustained high-performance. Because achieving high-performance is far more attainable than sustaining it.

Our work integrates the latest psychological science, learnings from high-performance sports and organisational change. The science of motivation, leadership, complexity and group dynamics underpin our Framework and approaches.





Looking to build clarity, alignment and connection to what matters most?



Wanting to become more strategic and proactive?



Wanting increased energy and motivation to deliver?

### **We hear this every day.**

- Individuals wanting clarity on their ambitions with the energy to make it happen.
- Leaders wanting the capacity to build their team, motivate and align to strategy, and set the cultural tone to deliver.

### **Head North with us.**



#### **Individual performance building program**

Build individual capacity, resilience and willingness to sustain your best in our individual performance building program.



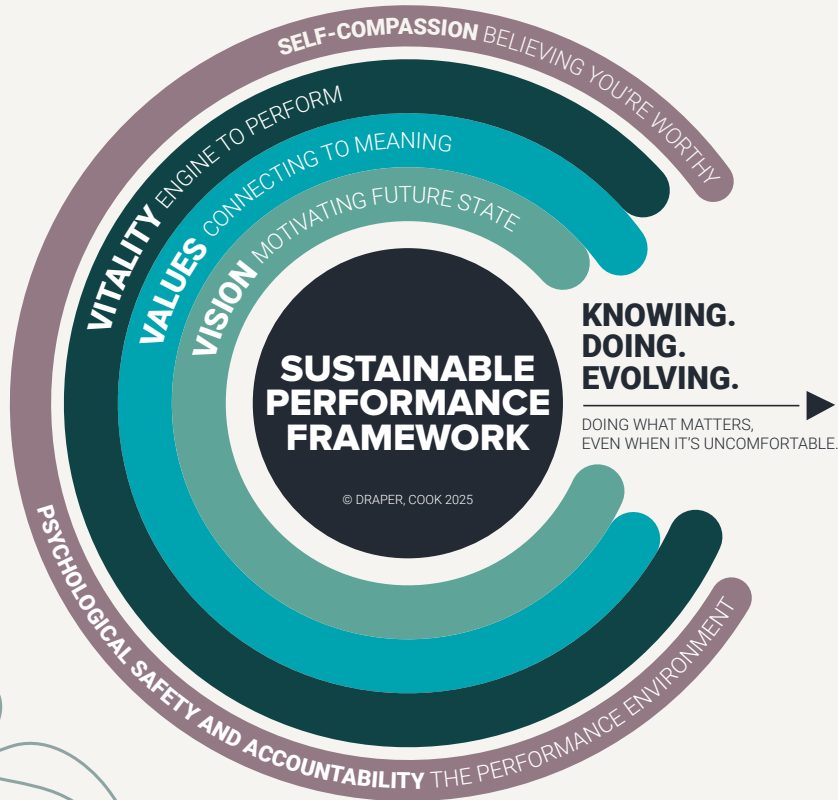
#### **Executive teams and organisation wide program**

Elevate and sustain your team performance, and create organisational conditions that reflect this work, in the Executive team approach.





# THE SCIENCE THAT UNDERPINS OUR PROGRAMS





# INDIVIDUAL PERFORMANCE BUILDING PROGRAM

- ✓ Build your personal ambition in life, and align the priorities to get there.
- ✓ Connect to your purpose, values and strengths.
- ✓ Increase your focus on what matters, when it matters.
- ✓ Build acceptance of tough experiences, and the ability to maintain a goal-oriented pursuit.
- ✓ Challenge the assumptions holding you back.
- ✓ Increase your vitality.



# INDIVIDUAL PERFORMANCE BUILDING JOURNEY

**Self discovery**  
(supported by digital tools)



**Meet with  
your coach**

**Chapters 4–6**  
(self paced, virtual  
and/or face to face  
workshops)



**Meet with  
your coach**

**Chapters 1–3**  
(self paced, virtual  
and/or face to face  
workshops)



**Accountability  
check point**

**Sustaining the effort**

(supported by digital tools and  
ongoing accountability check points)



# EXECUTIVE TEAMS AND ORGANISATION WIDE PROGRAM

'Your strategy drives performance; your culture will deliver it'

An executive and senior leader experience that focuses on team performance and creates conditions for organisational change.

- Starts with discovery, alignment and commitment to the process
- Develop the vision that aligns to your strategy
- Bring your values to life in a way that elevates performance and culture
- Highlight the team strengths and unique differences, to rapidly build team connection
- Challenge each other to increase your vitality to thrive in the complex and constant demands of your environment
- Build equal measure of psychological safety and accountability for results

## **Galvanising your organisation:**

A dynamic, connected and outcomes focussed leadership team matters, but it's the intentional implementation of organisational systems and routines that sees this work penetrate the fabric of the broader organisation. We help you to create organisational conditions and build capability for this work to cut through to the frontline and sustain culture and performance.



# EXECUTIVE TEAMS AND ORGANISATION WIDE JOURNEY

OPTIONAL

Masterclasses to build capability and engage the broader organisation

Digital tools for ongoing accountability



**Discovery conversations  
and commitment building**



**1:1 debriefs and coach matching**  
(individual performance coach)



**Sustained high-performance  
diagnostic\***



CURRENT  
STATE

MEASURE  
OF CHANGE



**Dynamic team workshops**  
(grounded in your context,  
approx. 5 workshops)



**Live leader observations  
and dynamic feedback**



**Implementation toolkits and  
accountability check points**





Want to build **sustained**  
high-performance?

Connect with us.



# NORTH

SHAPE  
POSSIBILITY



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