



## **TAKING LEADERS AND THEIR TEAMS TO *NEW HEIGHTS* IN PERFORMANCE**

### **LOOKING TO ACHIEVE TOMORROWS GOALS WHILE NAVIGATING TODAY'S DISTRACTIONS?**

After building and scaling one of the world's most effective behavior change apps, Healthy Habits, Mandy Gill has one of the world's largest data sets focused on creating sustainable habits, modifying behavior, and maximizing positive results.

By coaching over 10,000 people through the process of maximizing their resilience in the face of rapid change and developing a dedicated commitment to self-care, Mandy has perfected the RACE PACE™ System for helping everyday people reach their extraordinary goals and dreams - no matter the environment.

In true commitment to living life at RACE PACE™, Mandy Gill is also an elite athlete - competing and succeeding in the most difficult environments on the planet; from the highest peaks in Nepal, to 100km ultra trail marathons, and Crossfit Games competitions.





## PRESENTATION SUMMARY

### TOPIC 1: LEADERSHIP & RESILIENCE

#### Fuel Your Focus: Achieve Tomorrow's Goals While Navigating Today's Distractions

In an endlessly distracting, overcommitted, overstretched world, we are constantly fighting distractions, pushing limits, and working tirelessly to get things done. Due to a sea of busyness, leaders and their teams are losing momentum on short and long term goals, or worse, not even starting them, because they don't have the tools to identify where and when noise-reduction is essential for success. Which is causing burnout, poor tenure, and a lack of meaningful productivity. How do we effectively prioritize, filter noise, and get ahead with as much energy and collaboration as possible? Welcome to 'Fuel Your Focus'.

In this engaging, thought-provoking, and actionable keynote, leadership expert Mandy Gill shares her research from coaching over 10,000 clients through the RACE PACE™ system. Mandy educates audiences on how to accelerate clarity and focus, eliminate paralyzing distractions, filter fear, and achieve a new level of collaboration, communication, and team effectiveness. With over a decade of research she has perfected the process for helping everyday people reach extraordinary goals and results – no matter the environment. Just because the world around us is becoming increasingly busy and distracting, doesn't mean that we can't filter through the noise and build our best workplaces yet.

Learning outcomes also include:

- A research-backed framework on how to best identify distractions detouring teams, and the must-take action steps to reroute for stronger execution.
- How to overcome failure in service to success, and utilize it as a tool to accelerate longterm focus.
- The top 3 ways teams can build resilience and perseverance to reach new levels of effectiveness, while minimizing burnout.



## PRESENTATION SUMMARY

### TOPIC 2: EMPLOYEE ENGAGEMENT & PERFORMANCE

#### How To Reach New Heights In Employee Engagement And Performance While Minimizing Burnout And Friction Through The RACE PACE™ System

The old methodologies of driving employee engagement and performance have been disproven and rejected. Gone are the days of continuously operating in a hyper-focused, hyper-paced, hyper-long work environment without thought to employees mental and physical well being. Employee performance and well-being are further damaged by this lack of commitment – all while the bottom line continues to contract, resulting in lost revenue, disappointing customer service, and failed opportunities for long-term growth. Organizations must define a new way forward – one that maximizes performance, resilience, creativity, empathy, and trust while not burning out their people.

Through the power of communication, accountability, habit, and the steady act of putting one foot in front of the other, RACE PACE™ is a proven method that will unlock leaders and their teams optimal personal and professional performance capacity. While ensuring a positive mental and physical state that will sustain long term growth in all areas of work and life.

Audiences will gain the following insights:

- How to maximize their focus in the face of rapid change.
- The tools to leverage the RACE PACE™ system to break through burnout and spark a higher level of creativity and innovation.
- Learn the reason why change in teams fail, and how to fix it.
- Feel a deeper sense of connection and integration with their team, for the long term.



## TESTIMONIALS

"Mandy is an incredibly inspiring individual, who's creative approach is different from the typical philosophies. Mandy walks the walk and talks the talk from real-life experiences. She has a heart of gold, and a desire to make a positive impact in this world."

- **GARY MAURIS, PRESIDENT/CEO DOMINION LENDING CENTRES**

"The session was a big hit, and we look forward to future ones again!"

- **JEFF SOLOMON, VICE PRESIDENT ENTERPRISE SALES, DOCUSIGN**

"Mandy is extremely hard-working and gives 110% in everything she does."

- **MARTYNA NOWAK, MANAGER, TRADE & DTC MARKETING, ADIDAS**

"Don't let her sweet demeanor fool you however, she's tough and gets down to work! While Mandy's helped us in many ways, it was her unwavering support that really motivated us to change and grow."

- **MELANIE NAGY, BELL MEDIA**

"A great presentation that resonated very well with everyone!"

- **JULIE CALVERT, NATIONAL PAYROLL INSTITUTE**

"Our group can be a tough crowd. Mandy put a lot of energy into structuring a session that would fit our group's needs, and that was apparent. She had the room so engaged. Her positive energy is contagious, and genuine care for participants was readily evident."

- **MARTYNA BOYD, BARRISTER & SOLICITOR, CUPE**



## A/V REQUIREMENTS

- Mandy provides her own Apple MacBook Air 13" and will deliver each presentation via Powerpoint slides with a 16:9 ratio. Slides will either be transferred before (if required) or brought on a portable USB Drive (preferred).
- Mandy prefers no podium on stage. If one must be present, it needs to be pushed back so she may walk in front of it unencumbered.
- Mandy requires an A/V check no fewer than 30 minutes before the event.

## RATE CARD

Contact [mandy@mandygill.com](mailto:mandy@mandygill.com)



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