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COACHING FOR RESULTS

HEALTH AND LEADERSHIP

The least talked about issue in our growth as leaders is the issue of health. When is it that we actually do something about our health? When we are sick!

I have met a number of leaders over the last few years, especially when we get to 45 years plus, who have recognized they have some health issues:

Loss of energy, becoming a bit over weight, losing their drive or passion, or an influx of more physical problems.

Here are some facts:

1. 35% of people have an undiagnosed chronic illness.
2. 95% of all people will die of either heart disease, cancer or diabetes
3. 8000 people die each year in Australia by adverse reactions to properly prescribed drugs.
4. Over 50% of all Australians are overweight.

(National Centre for Health Statistics)

Our Doctors are now telling us that about 40% of sickness is caused by emotional problems, yet the common treatment to most sickness is drugs???

This is why as leaders we need to understand how EQ (Emotional Intelligence) affects us, and our team. Over 80% of success in companies is attributed to the leaders emotional intelligence (Daniel Gollman).

But what about the other 60% of sickness? What are the solutions?

1. **Exercise** – there has been so much written and talked about the benefits of regular exercise that I need not go into it here, except to say that I personally have taken the challenge over the last 9 months and lost 12Kgs.
2. **Diet** – again there is so much information we could discuss, it would take years. Most of it is around what foods we eat or don't eat ***but little is written about repairing our natural immune systems.***

GLYCONUTRIENTS

Scientists have recently discovered that our modern diet is missing some very vital nutrients, and surprisingly enough, these missing nutrients are sugars. After years of research, author Rita Elkins has come to the conclusion that the lack of these invaluable sugars in our diet is a major reason for most of today's diseases; even cancer, diabetes, and autoimmune disorders like rheumatoid arthritis, fibromyalgia, and chronic fatigue syndrome.

Today, six out of the top ten causes of death are diet related, and chronic degenerative diseases afflict over 120 million Americans. Miracle Sugars provides valuable information on the recent breakthrough discovery of glyconutrients, which have amazing abilities to maintain and balance your immune system, helping you to achieve optimum health and prevent even the most insidious of today's killer diseases.

Scientific Research Backing Glyconutrition

There are over 20,000 studies conducted annually on glycoforms alone. Researchers from universities Oxford and John Hopkins and major pharmaceutical companies realize the importance of this new discovery. **Pharmaceutical companies are spending millions to try and synthesize these sugars and produce drugs that will mimic the effect they have in nature. (In the meanwhile, we just use them in**

their natural form and see wonderful results. READ ON!)

Studies confirm that the eight essential biologically active sugars can accomplish amazing results. The following are just a few examples of the exciting possibilities of Glyconutrition:

- Dramatically raises natural killer cell and macrophage count against infectious organisms.
- Activates immune T-cell activity only when invaders or antigens are present.
- Decreases cell death in chronic fatigue syndrome.
- Dramatically elevates disease resistance in weakened individuals.
- Acts as antioxidant compounds, which boost the collection of dangerous free radicals.
- Protects the body against toxin and pollutant exposure.
- Slows premature aging.
- Decreases inflammation in diseases like rheumatoid arthritis.
- Helps immune cells recognize invaders due to a mutual “sugar exchange” of information.
- Enables cellular components to stick to each other initiating the right reactions.

Source: Rita Elkins Miracle Sugars is published by Woodland Publishing, who has sold millions of books found in health food stores across North America.

It makes sense to me that if we can utilize and repair our natural immune system we can combat most diseases and live a longer and happier life! If you would like to know more about how to get these wonderful natural sugars, please contact me.

COACHING SERIES

We have a couple of spaces left for our 2006 coaching series commencing at the end of March. Your commitment would be for 10 months, 3 hours per month and \$2950 financial investment.

Program outcomes:

Learning the elements of high performance leadership, based on Emotional Intelligence competence, to enable leaders to bring change and innovation to the workplace.

Learning methodologies to creating work characterised by a deeper sense of life purpose, work that lets people feel they are making a difference, being fully alive, living with

integrity, developing sacredness in their relationships, and turning the organisation into a community where everyone can learn and grow

Developing an inner wisdom that facilitates transformation in your organisation

Understanding how we think and behave under pressure and the implications for business development

Identifying the imbalances in your life.

Taking control of your life and business and becoming an inspirational leader.

Building a network of business-minded people, and utilising the resources of the local community.

Getting alongside other leaders who will support and encourage you in your business and life endeavours.

This new leadership paradigm focuses on vision, values, empowerment, risk-taking, creativity, innovation, harmony, trust, integrity, and compassion. It is counter to the way most organisations behave in focusing on short-term goals, short-term thinking, and a rigid directive culture.

Please contact me if you wish to know further.

John Lockwood

2006 - THE YEAR OF CHANGE