

Leading on 4RM®

A HIGH IMPACT PROGRAMME FOR SENIOR LEADERS TO MANAGE BURNOUT RISK & OPTIMISE PERFORMANCE

This 9 week programme creates a big ripple effect.

It is designed to run alongside busy schedules, and is delivered virtually requiring minimal internal resources. Cohorts can be flexible across location, time-zone, function & seniority



- Cohorts 6 to 14
- Live 121 coaching
- Biometric tracking

A UNIQUE, DATA-DRIVEN APPROACH

1.



Cognitive performance & biometric tracking builds user awareness and gathers data

2.



AI algorithms generate personalised, evidence-based recommendations

3.



Structured 121 coaching and a targeted behavioural change process shifts mindsets to optimise performance at work

4.



Aggregated data provides leaders with clear ROI & unique insight to calibrate their culture



“It’s changed my whole life, seriously....the OwnLife programme has given me back my ambition and so much more”

Jonathan Mackenzie – Managing Director