



## It All Starts With Our Heads



[WWW.WARNINTERNATIONAL.COM](http://WWW.WARNINTERNATIONAL.COM)

LANCE BURDETT



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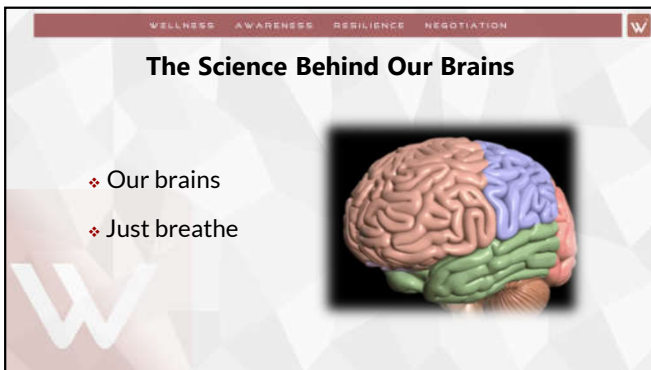
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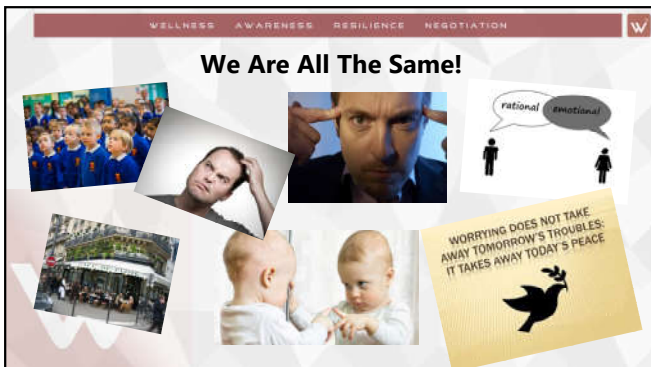
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WELLNESS
AWARENESS
RESILIENCE
NEGOTIATION
W

Unconscious & Confirmation Bias

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WELLNESS
AWARENESS
RESILIENCE
NEGOTIATION
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Run To The Fire – With Oxygen

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WELLNESS
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NEGOTIATION
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Personal Resilience Adaptability

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WELLNESS
AWARENESS
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### Back to Your Brain

- ❖ 70,000 to 90,000+ thoughts
- ❖ Pressure, Stress, Depressed & Depression



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WELLNESS
AWARENESS
RESILIENCE
NEGOTIATION
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### Signs of 'Stress' in Self

- ❖ Headache, back/neck/shoulder pain
- ❖ Less interest in physical activity (love)
- ❖ Stomach upsets & diarrhoea
- ❖ Insomnia – anxiety & worry

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WELLNESS
AWARENESS
RESILIENCE
NEGOTIATION
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### Look After Each Other



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WELLNESS   AWARENESS   RESILIENCE   NEGOTIATION

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# Staying Alert Across Your Day

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WELLNESS   AWARENESS   RESILIENCE   NEGOTIATION

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# Start Your Day How You Want It To Go

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WELLNESS   AWARENESS   RESILIENCE   NEGOTIATION

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# Focus, it's that simple!

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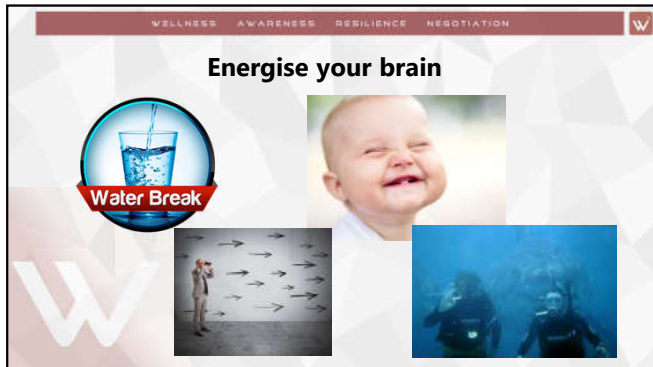
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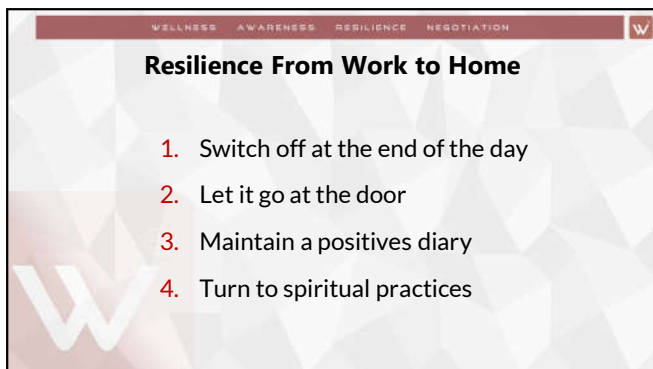
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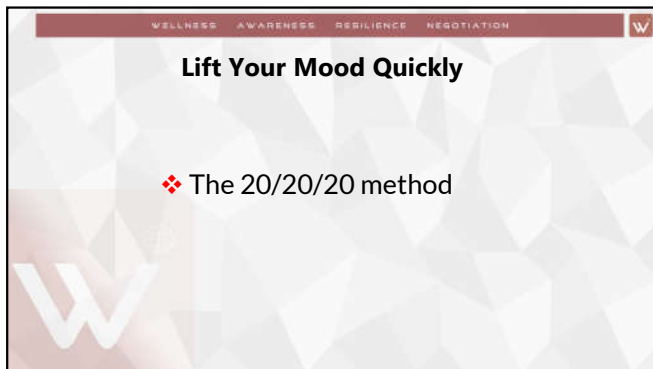
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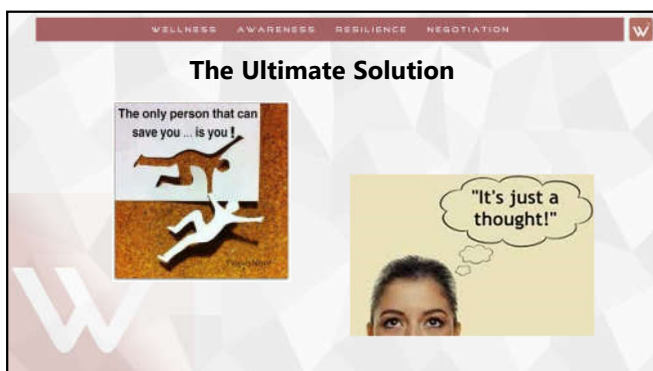
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