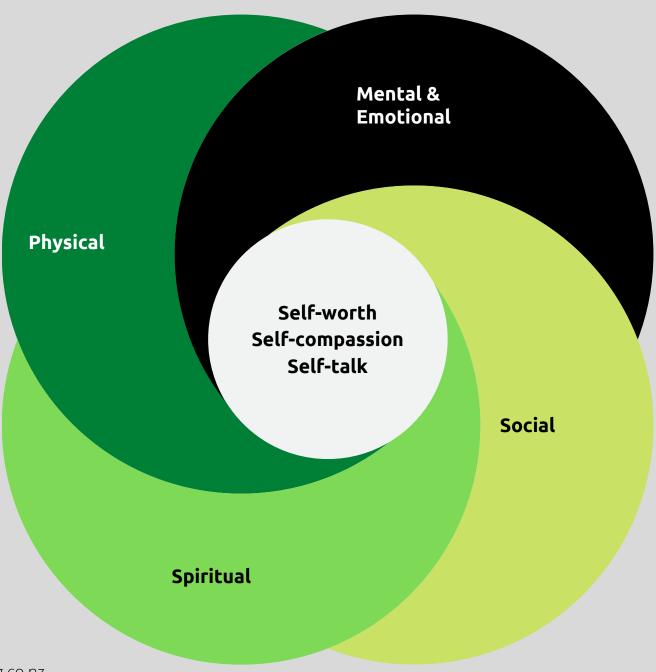
Conscious Personal Leadership

Personal Wellbeing & Performance

- Four aspects of Personal Wellbeing
 & Performance there are things we can do that strengthen each aspect,
 therefore improving overall human
 performance and wellbeing
- Three inner components of selfawareness - reflect on these and notice the contribution of each to personal performance and wellbeing





www.caraconsulting.co.nz fionadeehan@caraconsulting.co.nz