



speaker | author | coach

# Excelling "under fire"







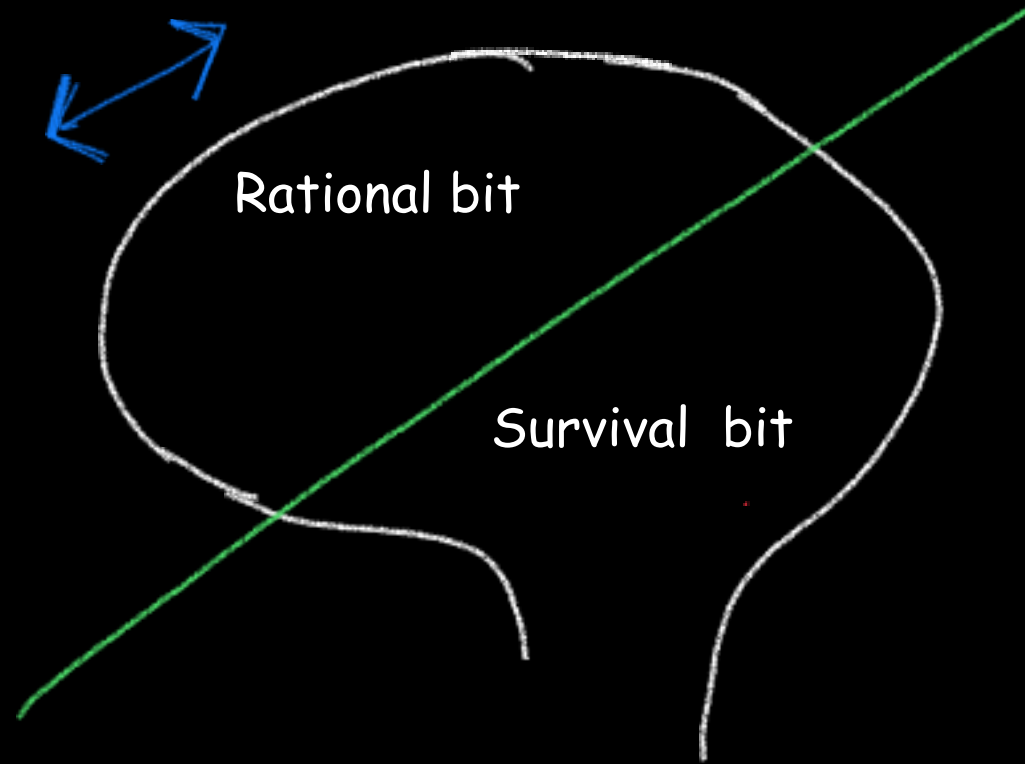






40%

2hrs



"The shorter way to do many things is to only do one thing at a time."

Mozart





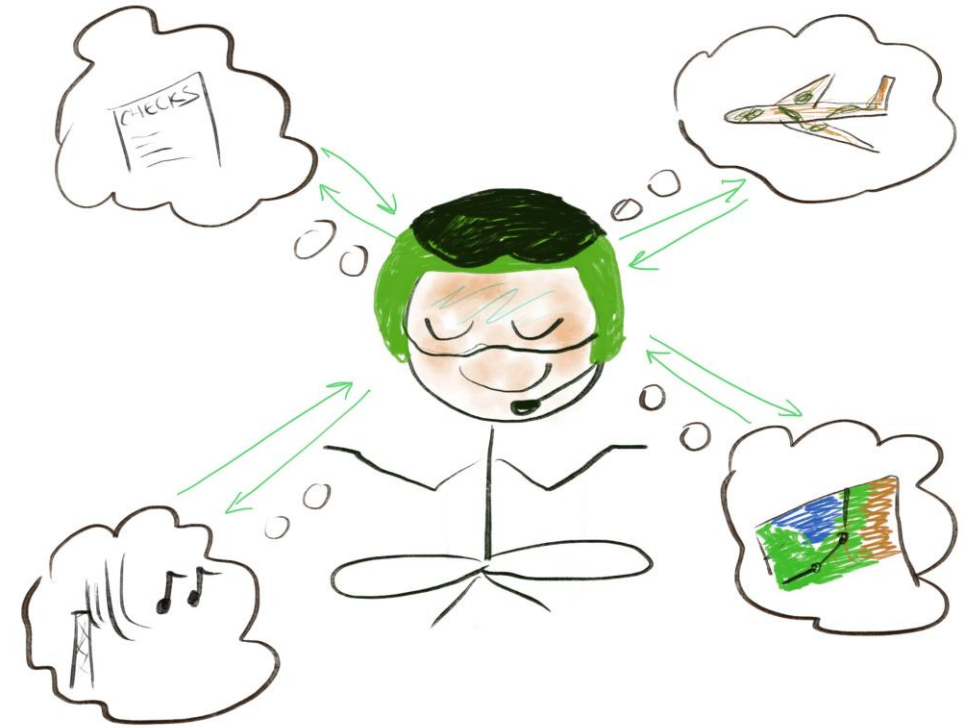




## UNITASKING:

Focus on ONE thing  
at time

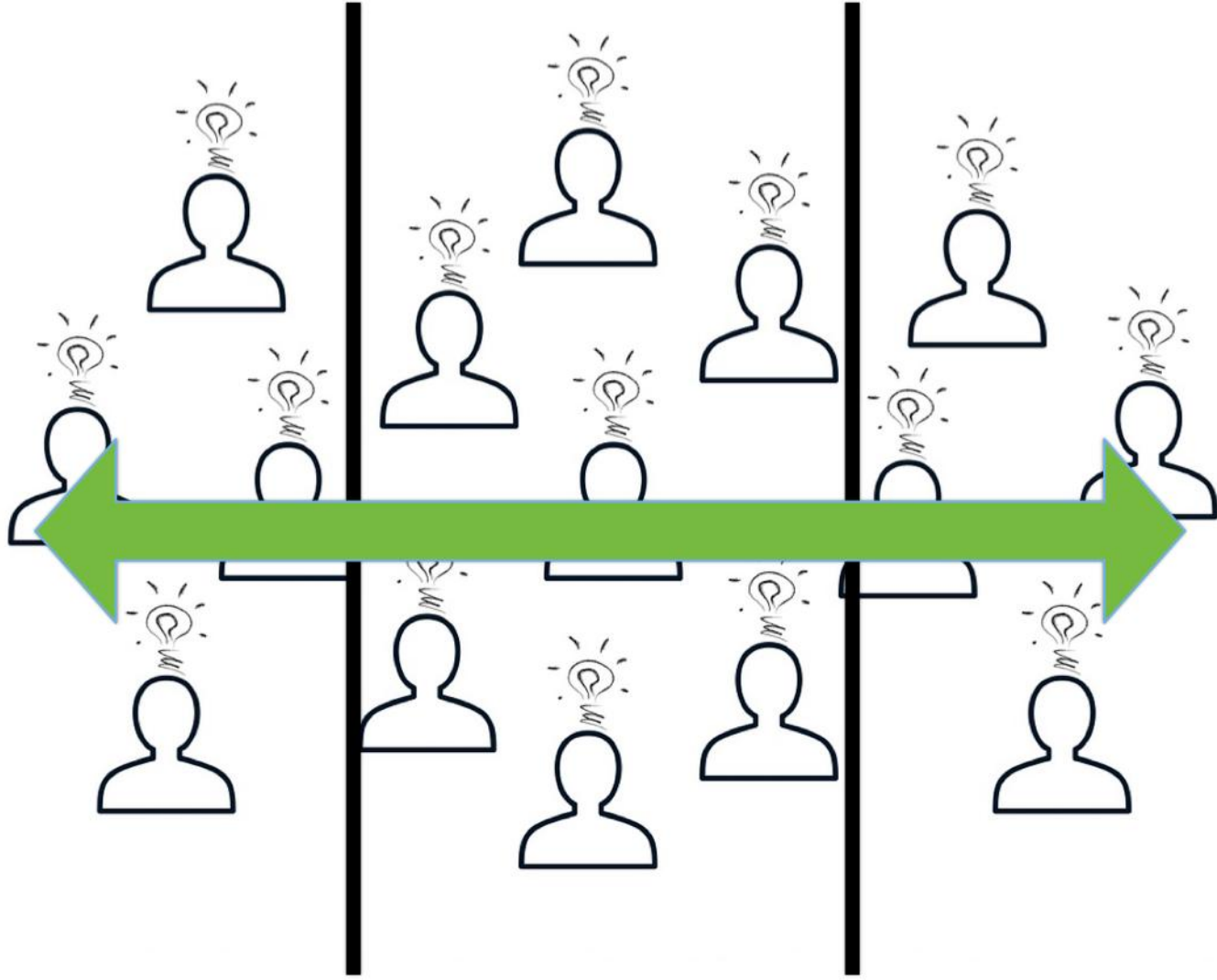
CHOOSE that ONE  
thing



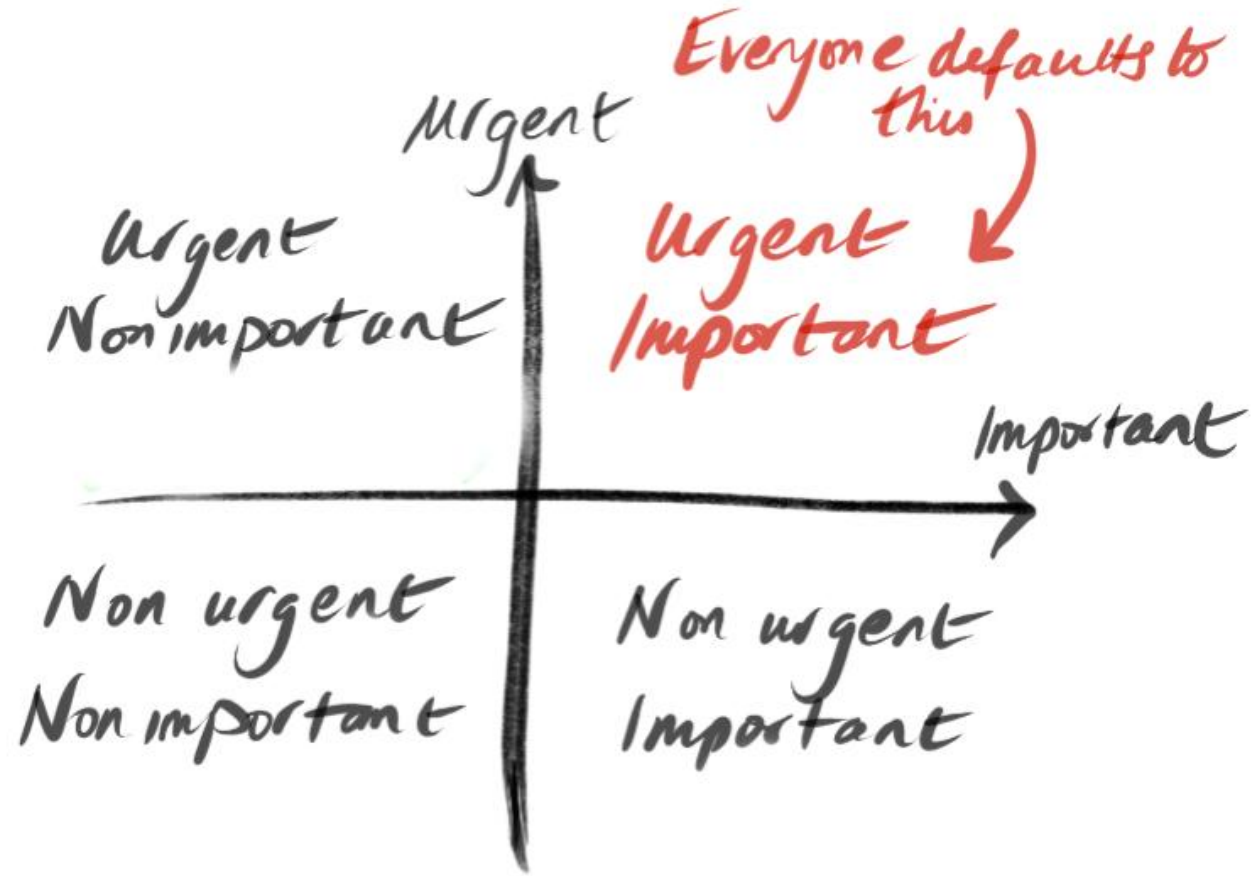


Try this:  
Fly the Aircraft





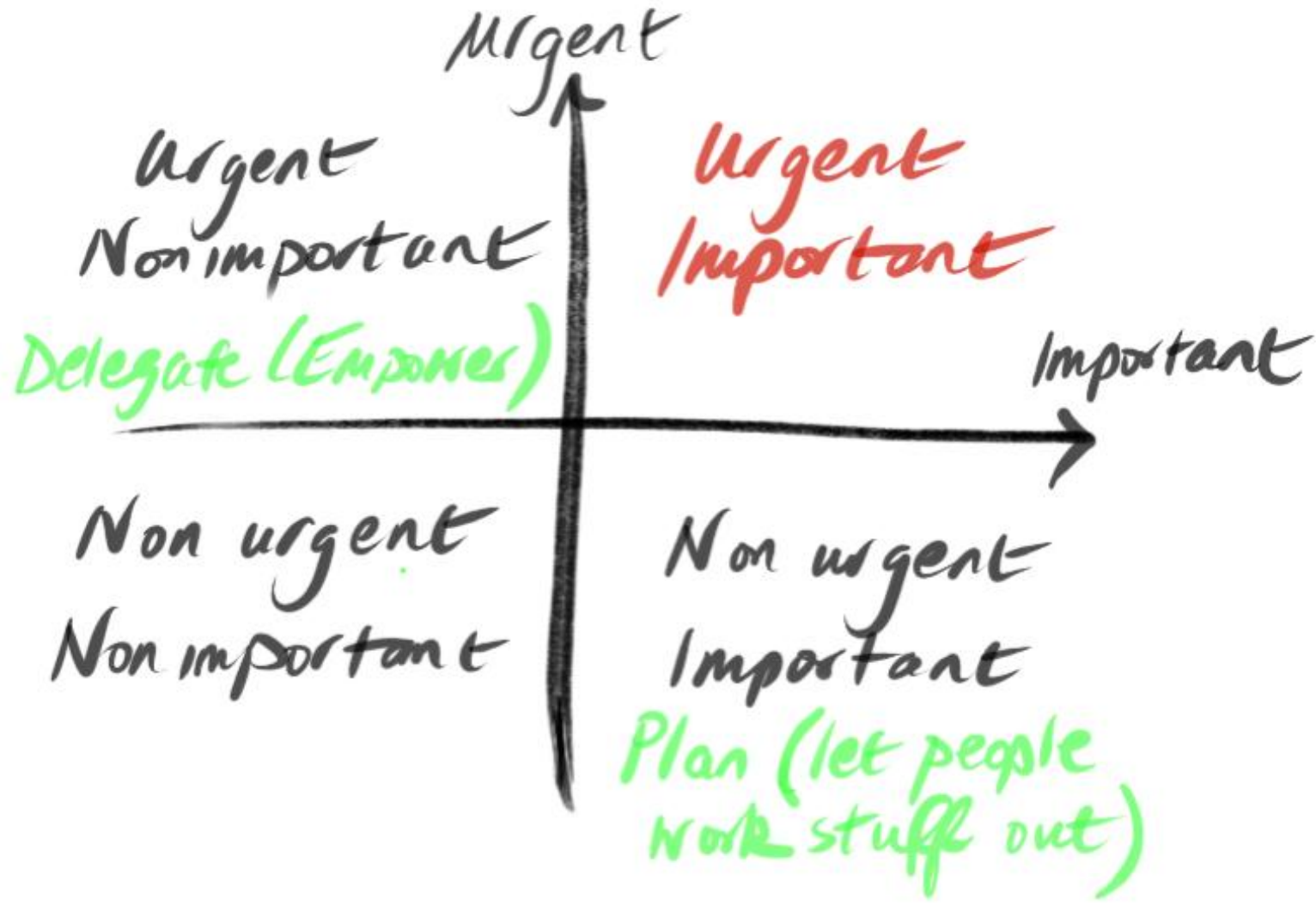














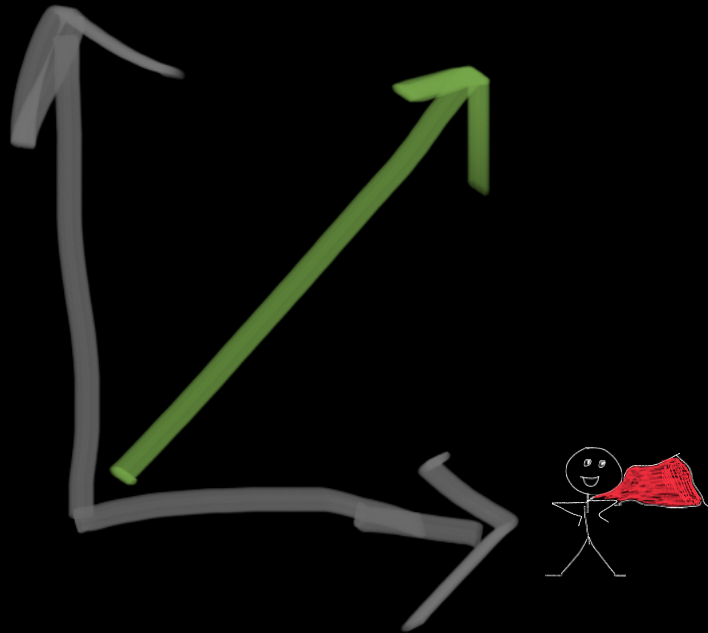
Crown Copyright



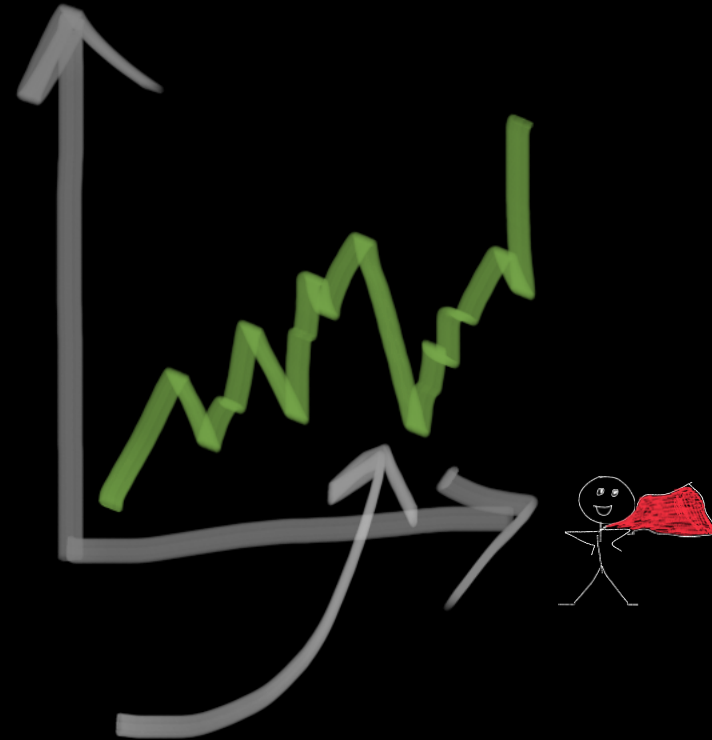
2 years later...



What we think the path  
to greatness looks  
like



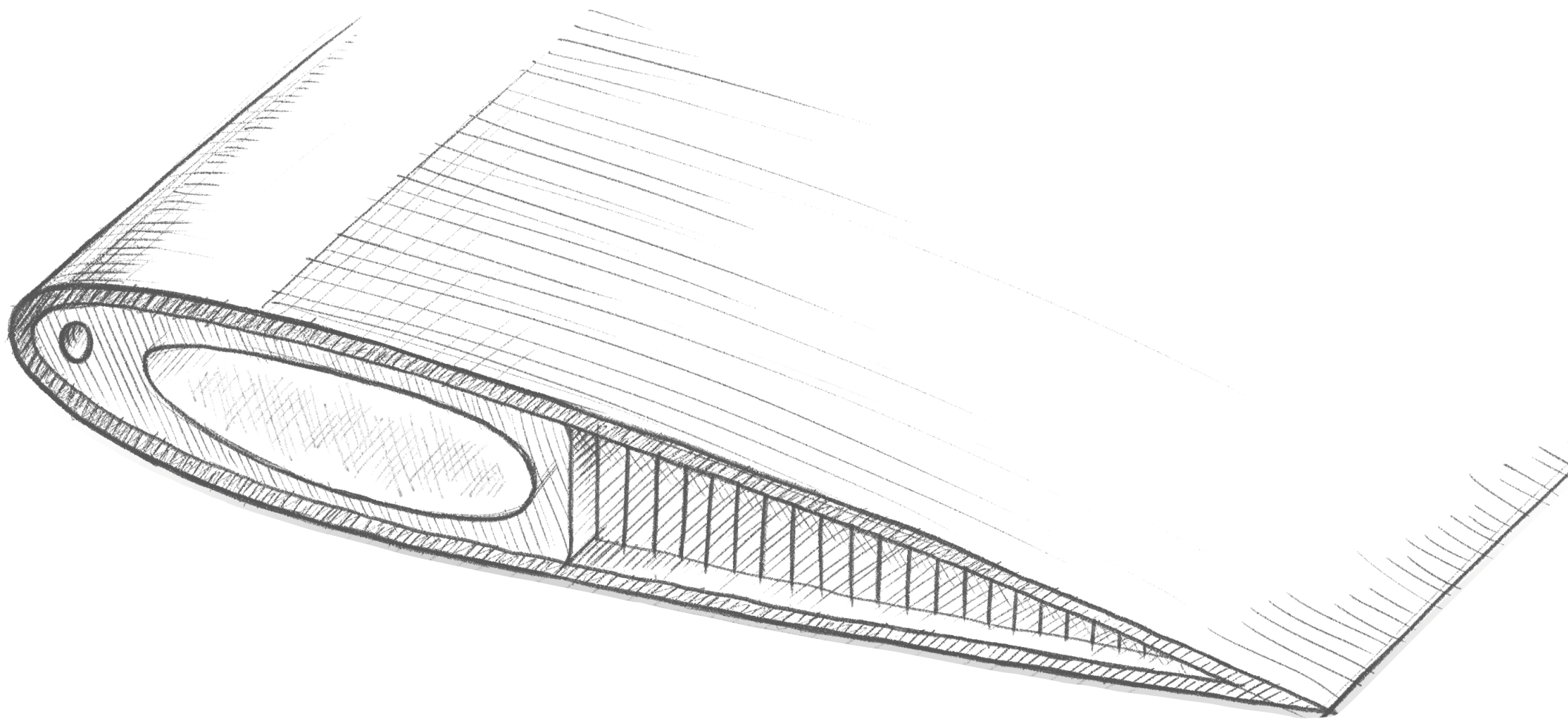
What it  
actually looks  
like...

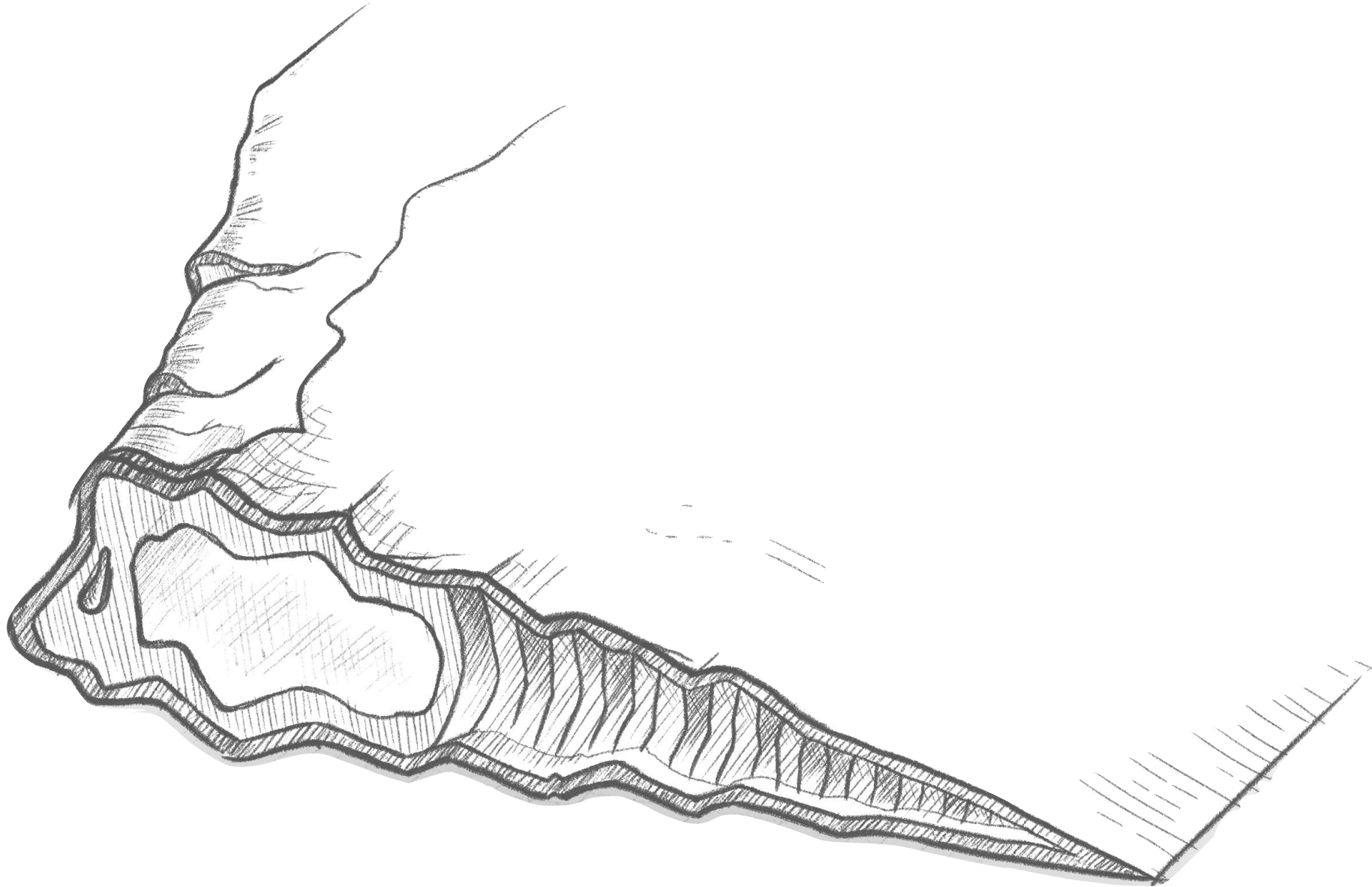


(Remember the best learning  
happens here)











Try this:

Share a  
mistake you  
made with a  
colleague



Why you'll nod along and  
change nothing....



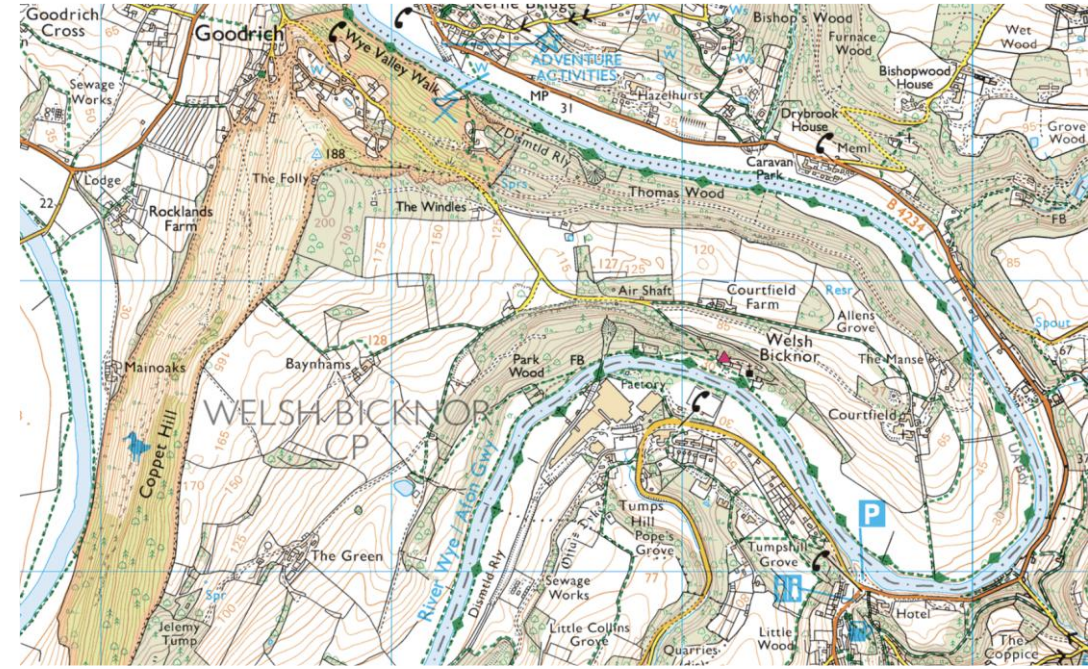


A promotional image for the movie Top Gun: Maverick. Tom Cruise, as the character Maverick, stands in the center, wearing a flight suit and holding a flight helmet. He is positioned in front of an F-18 Hornet fighter jet. The background is a dramatic sunset or sunrise over a desert landscape, with the sun low on the horizon, casting a warm, golden glow. The sky is filled with soft, orange and yellow clouds. The overall mood is heroic and cinematic.

# TOP GUN

## MAVERICK







Try this:

Train Hard  
Fight Easy



COMMIT TO THE TRAINING...

Fly the Aircraft

Empower others to fly their aircraft

Share your mistakes

Keep in touch!



**SARAH  
FURNESS**

speaker | author | coach



@wellbeitcoach



@sarahjfurness



@sarahfurness6384