

SARAH
FURNESS

speaker | author | coach

Excelling "under fire"

WELL  BE IT.



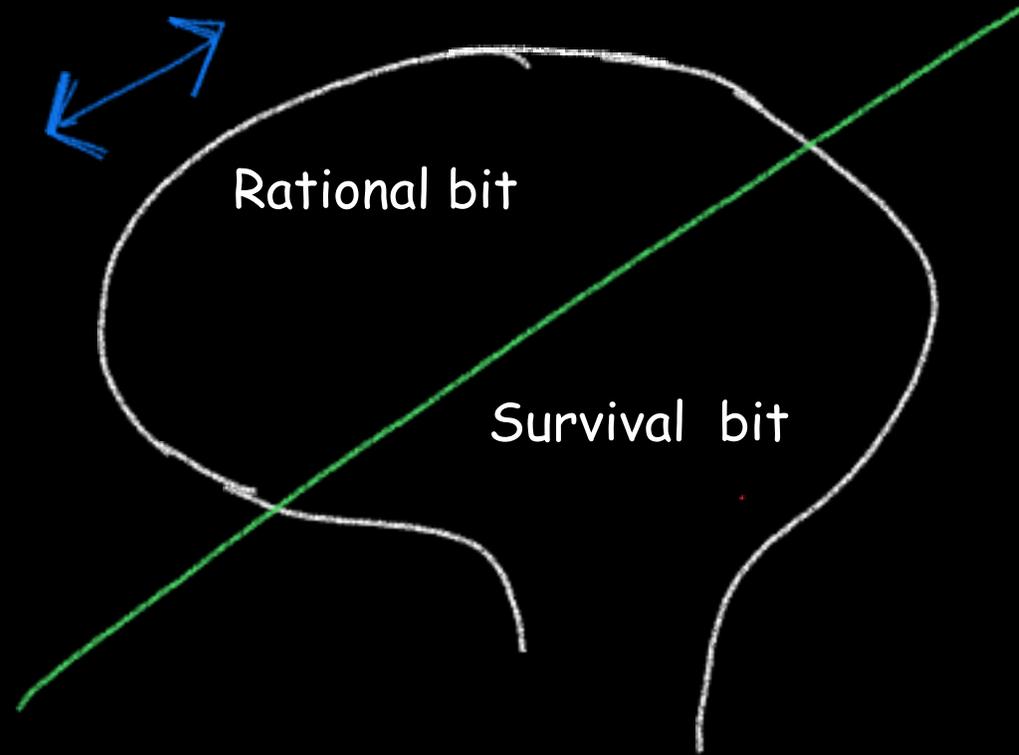


SR



40%

2hrs



STRESS



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

Mozart





STP

UNITASKING:

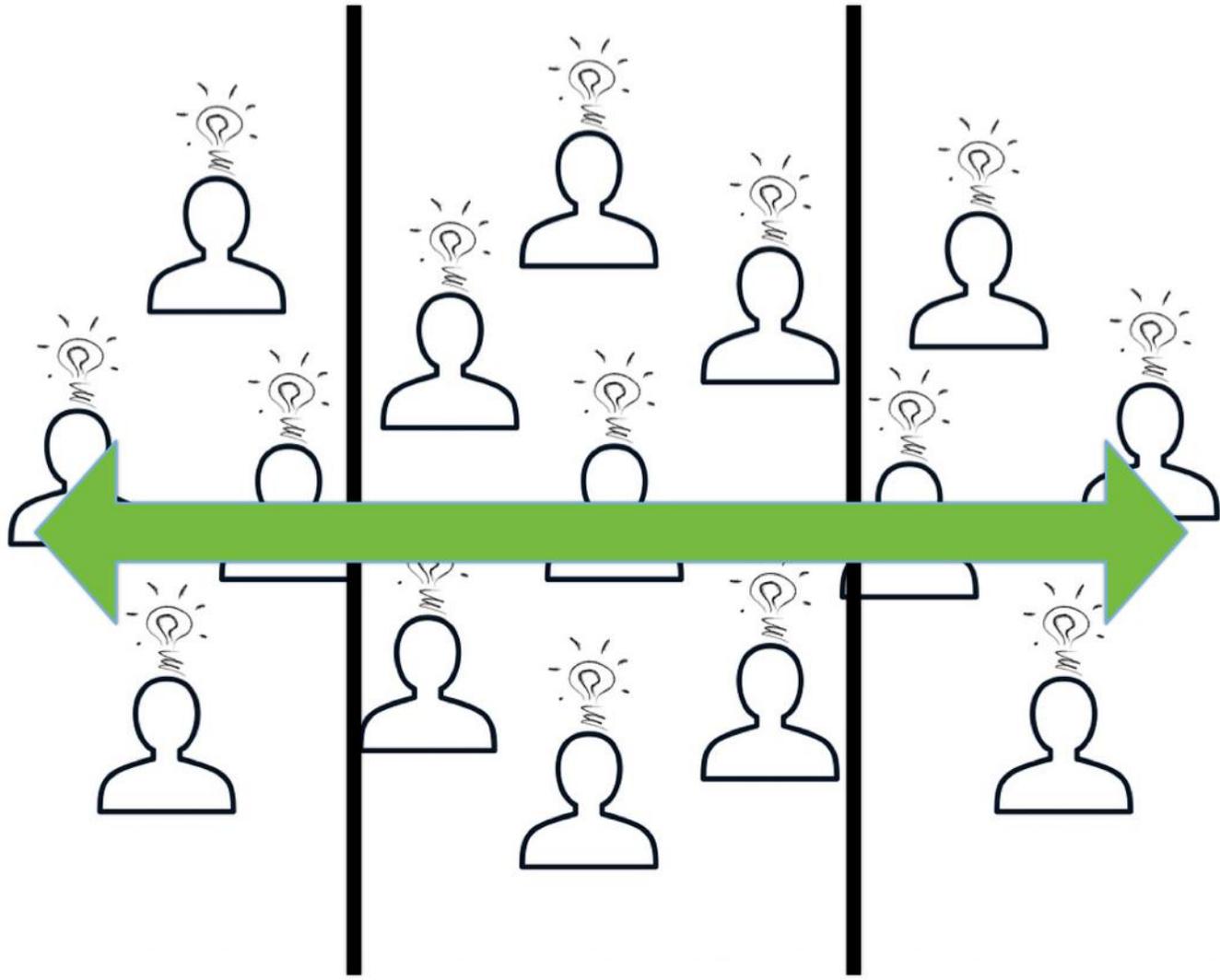
Focus on ONE thing
at time

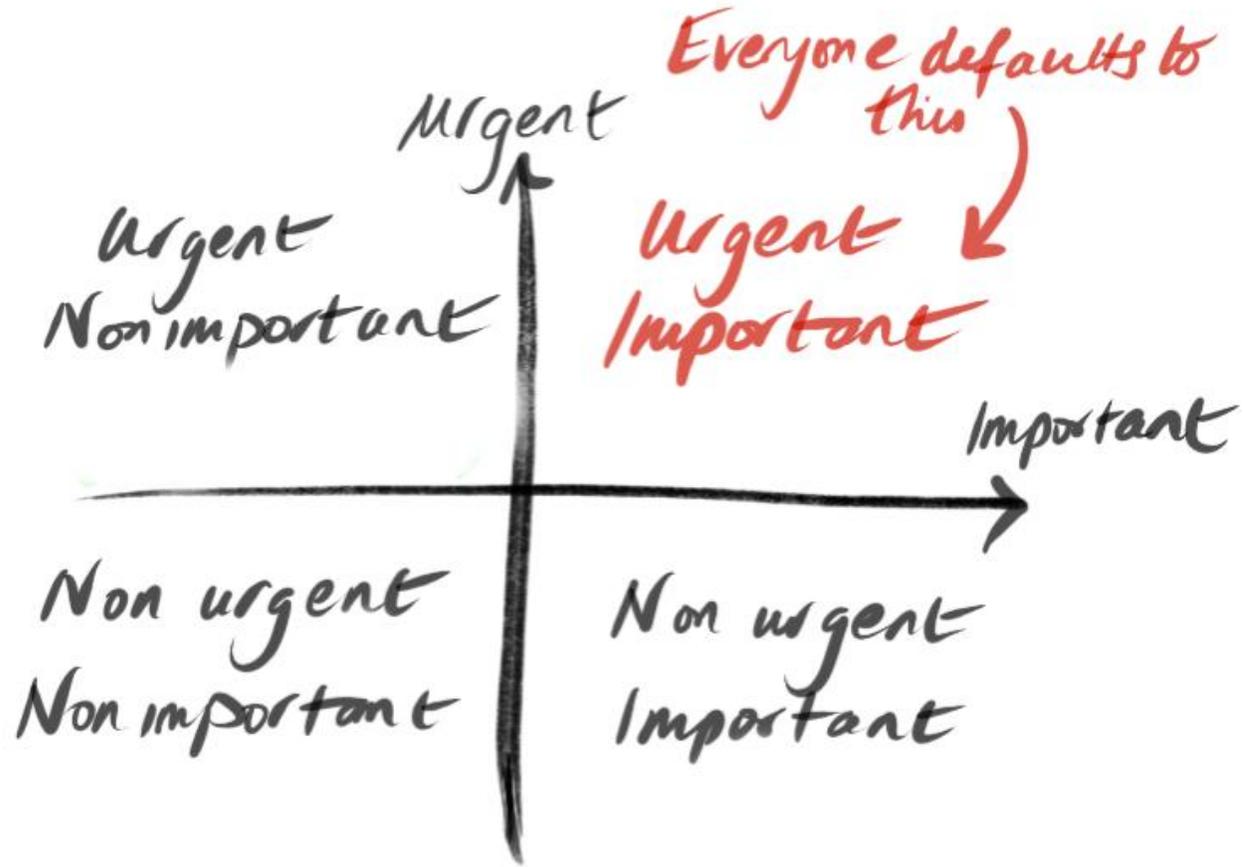
CHOOSE that ONE
thing



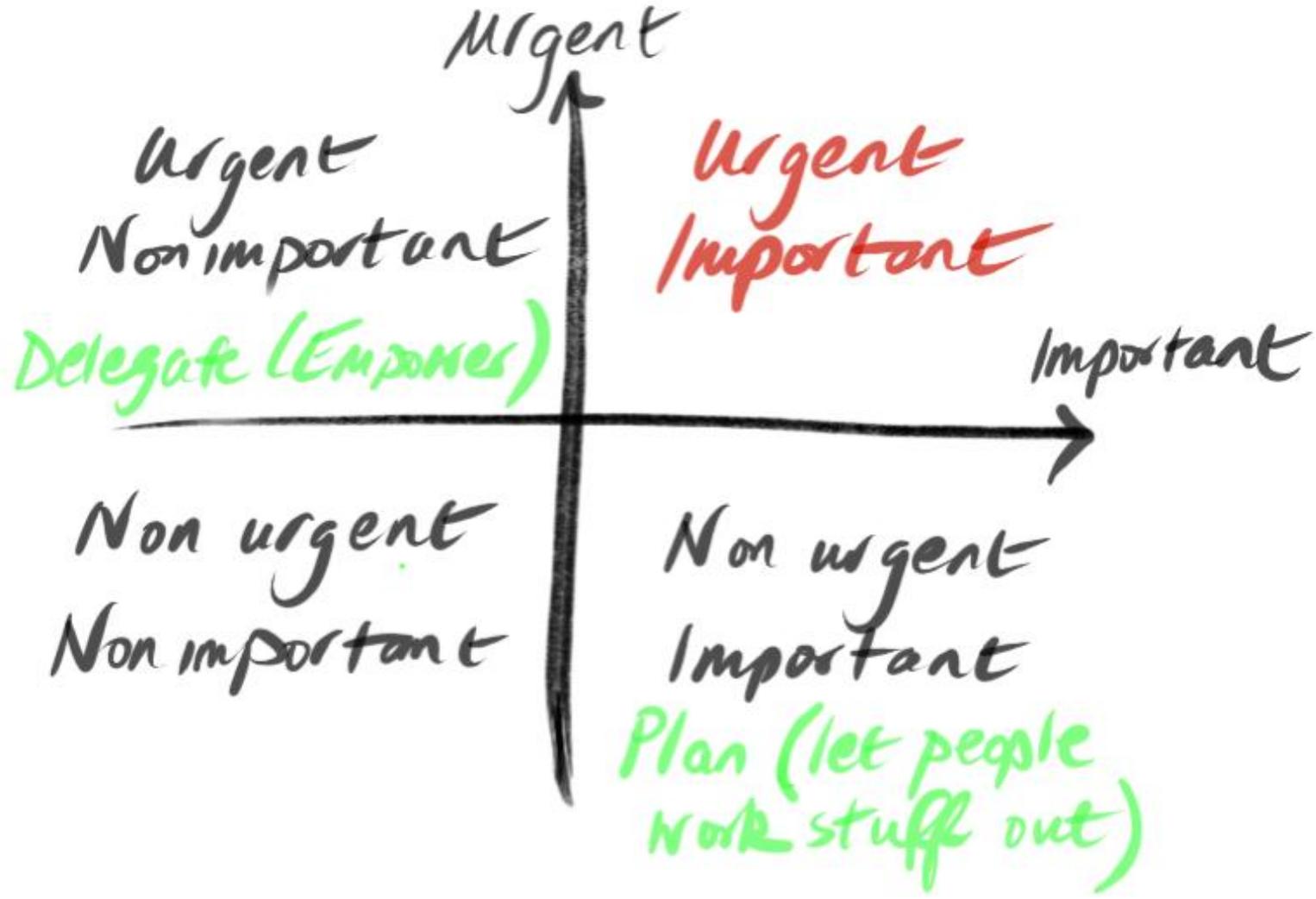
Try this:
Fly the Aircraft













Crown Copyright

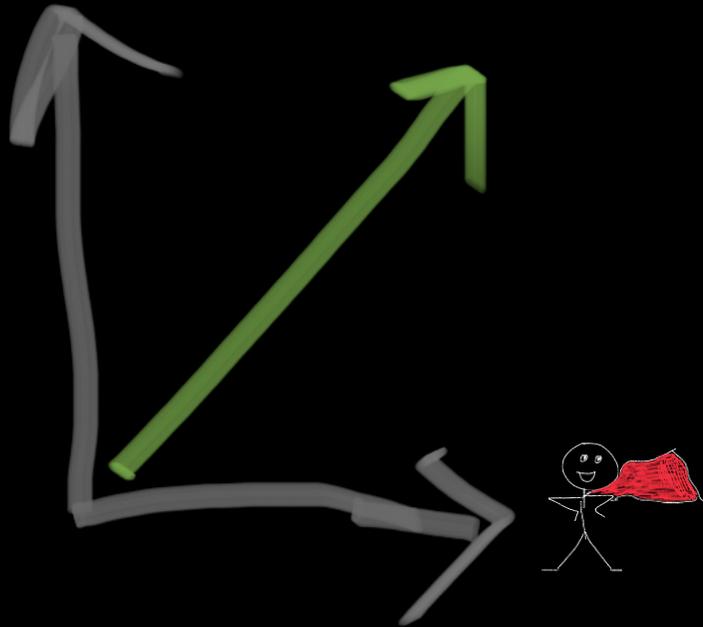


Liam Killington
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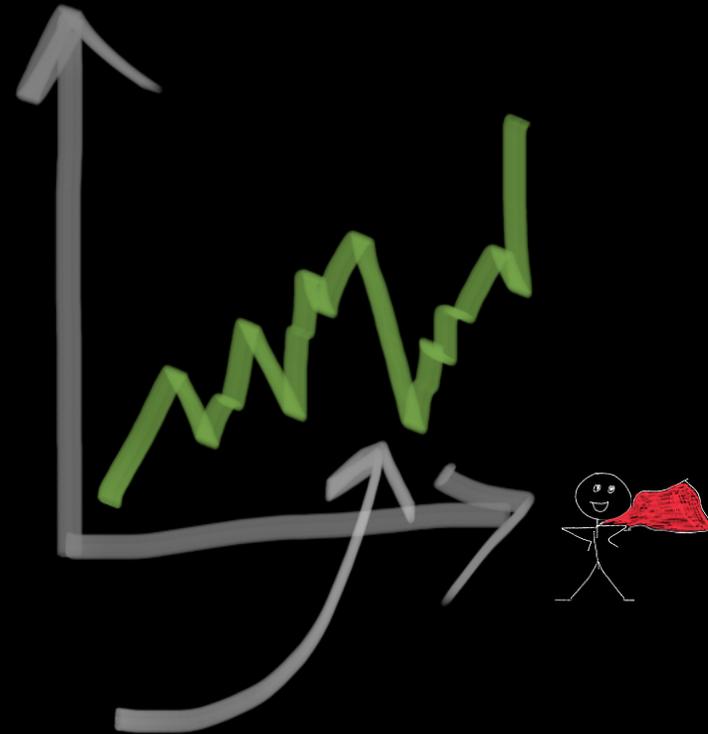
2 years later...



What we think the path
to greatness looks
like



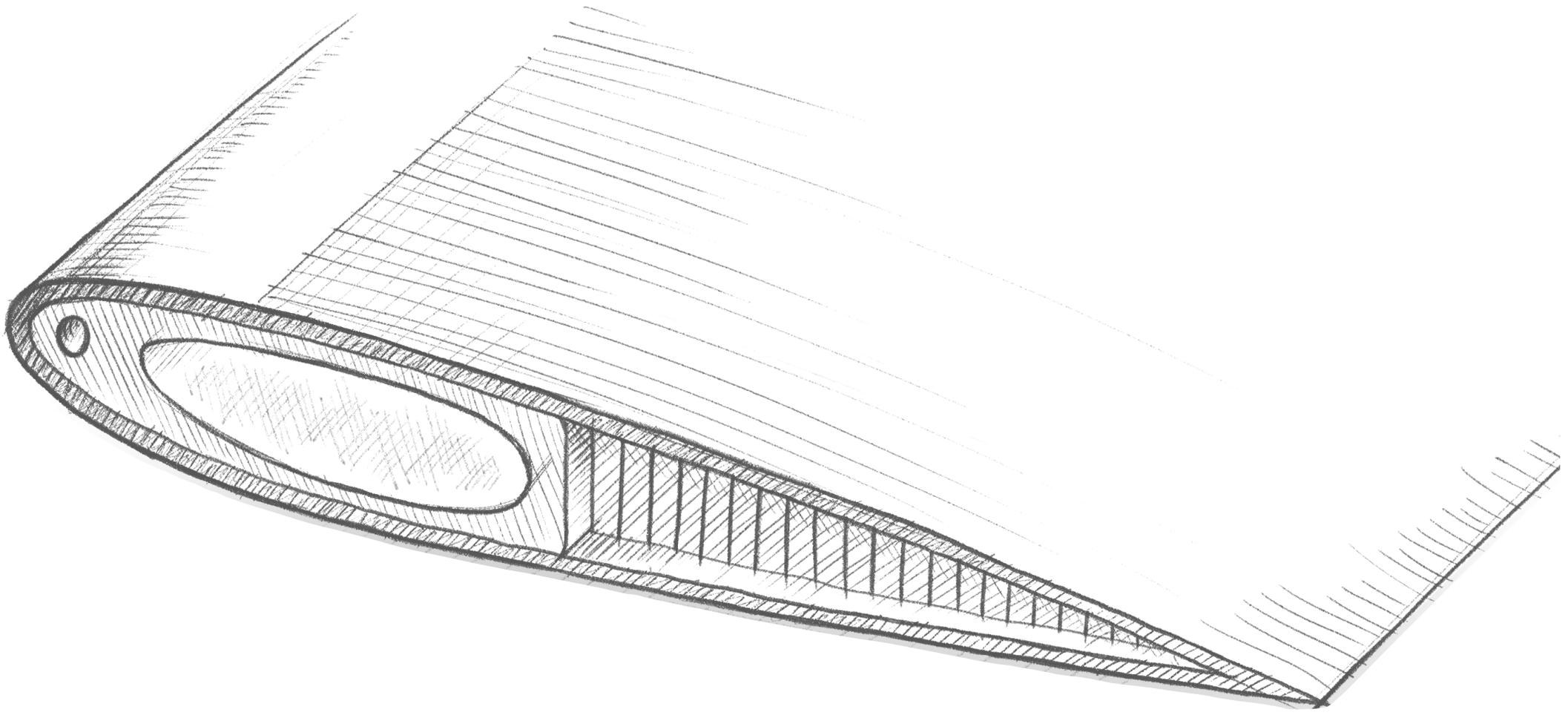
What it
actually looks
like...

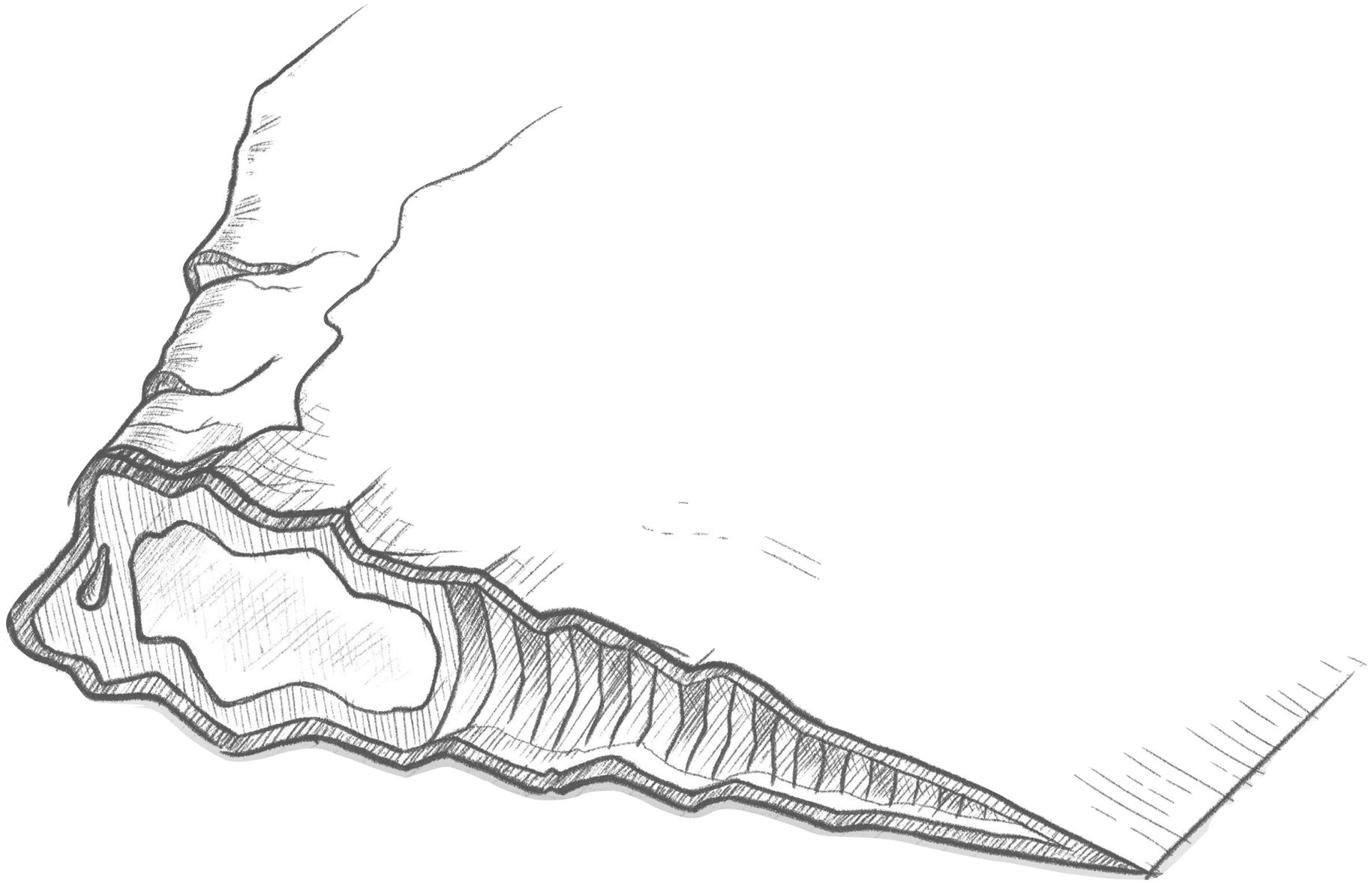


(Remember the best learning
happens here)









Try this:

Share a
mistake you
made with a
colleague



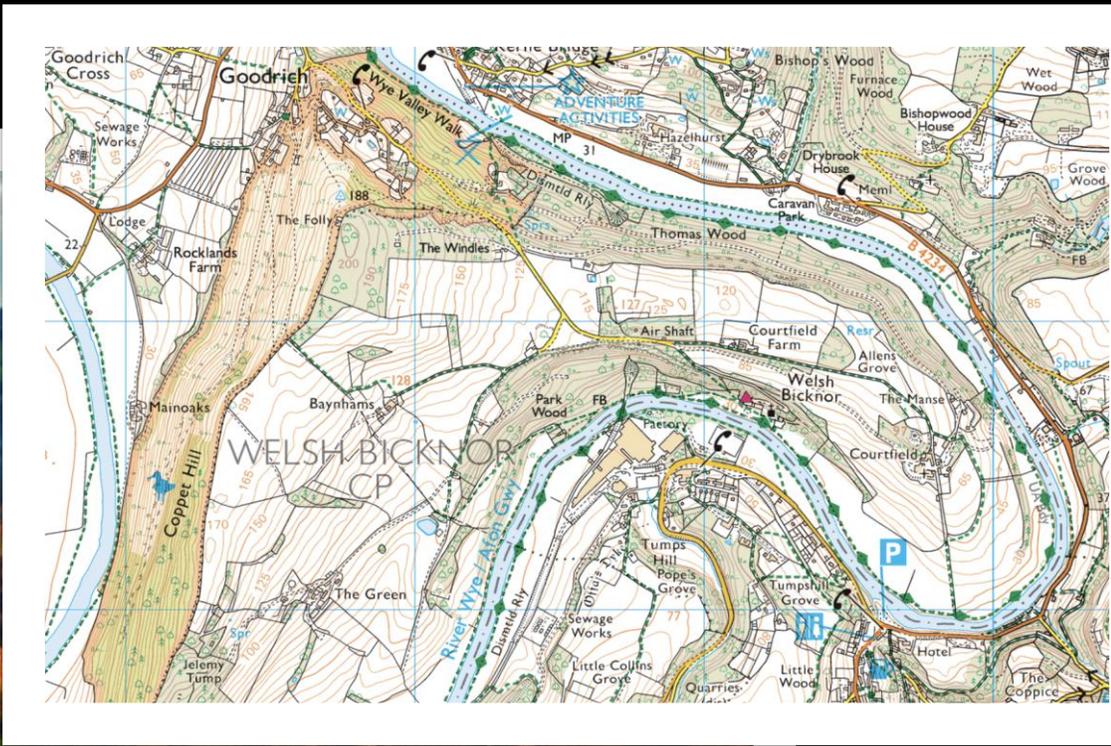
'Well this is
awkward'

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



A promotional image for the movie Top Gun: Maverick. Tom Cruise is standing in front of a fighter jet on a runway at sunset. The jet is a dark blue and grey color. The sky is a mix of orange, yellow, and blue. Tom Cruise is wearing a dark flight suit and is holding a helmet in his left hand. The title 'TOP GUN MAVERICK' is overlaid in the center in a white, stylized font. The word 'TOP GUN' is in a larger font than 'MAVERICK'. There are horizontal lines on either side of 'TOP GUN' and a star symbol below 'MAVERICK'.

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
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@wellbeitcoach



@sarahjfurness



@sarahfurness6384