



What does being in the performance window over a prolonged period do to us?

- Prolonged stress
- Wellbeing/recovery time shorter
- Narrow window of our attention
- Lose sight of process and live for outcome

Be a consistent performer

- Perfectionist v Excellentist
- Solid routines
- Tried and trusted habits
- Social support

Intrusive work

- External emails
- Boundaries around time
- How to start/end the day

Sustainability

- Digitally
- Wellbeing
- Recovery
- Reflection
- Social support

