

PERFORMANCE • CHAMPION PERFORMANCE

Adelaide training with Norrøna Hysterik

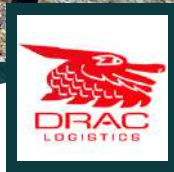
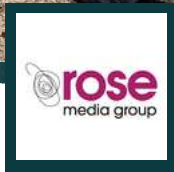
# CHAMPION TEAM DEVELOPMENT

Adelaide  Goodeve





# I transform teams by focusing on people, mindset + adventure



I'm a team and leadership development expert. I'm hired by renowned companies to transform their leaders and teams into the best Champion versions of themselves – they emerge more positive, confident and performing better than ever!

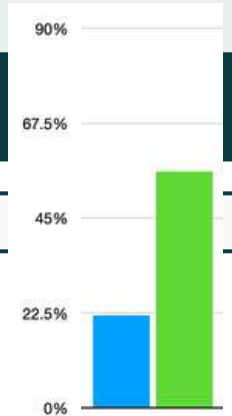
My approach is grounded in adventure, empathy, mindset development and brain training.

I coach your leaders and teams in cultivating a new mindset that supports them in creating the best possible work environment and empowers them to become the best they can be, so every day they're excited to come into work and achieve beyond their perceived potential.

# Five teams' results from five hours of brain training each:

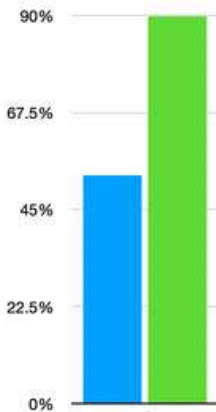
**MY INNER VOICE AND SELF-TALK ALWAYS SUPPORTS IN LIVING MY BEST LIFE**

**34% IMPROVEMENT!**



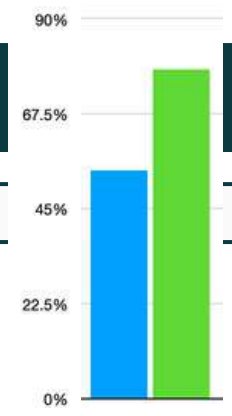
**I AM ABLE TO REMAIN POSITIVE AND SOLUTION FOCUSED WHEN FACING CHALLENGES AND SETBACKS**

**37% IMPROVEMENT!**



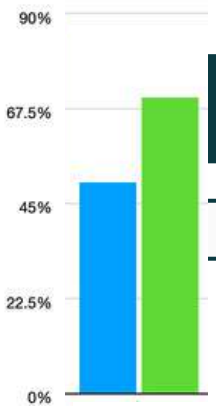
**I AM VERY CONFIDENT IN MY ABILITIES TO EXCELL IN MY CAREER**

**24% IMPROVEMENT!**



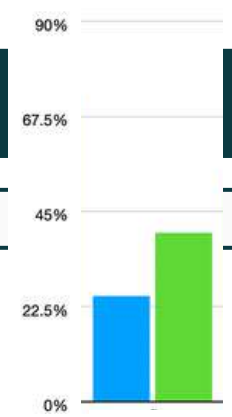
**I CONSISTENTLY PERFORM TO THE BEST OF MY ABILITY**

**20% IMPROVEMENT!**



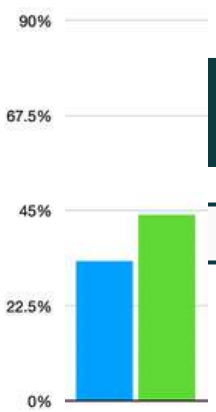
**I NEVER LET STRESS OR ANXIETY FROM WORK SABOTAGE MY HAPPINESS**

**15% IMPROVEMENT!**



**I AM REALLY GOOD AT MANAGING MY EMOTIONS**

**11% IMPROVEMENT!**



# Strengthen your team by empowering your members.



All champion team development adventures are bespoke. We design an adventure that is precisely what your team and leaders need to succeed.

We pinpoint your team's greatest challenges, leverage their strengths and coach them on a transformational adventure. Sessions can include defining your team's purpose and values, and road mapping your common goals, to developing well-rounded mentally tough and positively focused leaders and professionals.

Your team is guided through easy-to-implement brain training exercises that empowers them to create the necessary seismic mindset shifts, transforming them into solution-focused, happy, confident high-performing teams and people.

All of my Champion teams have also noticed enhanced mental and physical wellbeing, improved engagement, motivation, communication, collaboration, job satisfaction, employee retention, and stronger working relationships.

The champion team development adventures can be delivered inside, outside in the Norwegian landscape or a combination of the two. The only limit is your budget ;)

Let me help you transform your team.

*"I wanted us to all be in the same positive mindset! We learned so many new things about teamwork, positive thinking, how our language shapes our mind, what drives our behaviour and about our mindset. The feedback was absolutely amazing. They applied it in their daily work - and still do. Thank you so much for enabling this transformation for us. I hope many more teams can do it too."*



Ives Barcelli,  
Financial Director, British American Tobacco Malaysia



# Transform your leaders and team through the Norwegian nature

I have teamed up with Norrøna Hvisterk to provide you with the most epic transformational adventures for your leaders and teams.

Norrøna Hvisterk is Norway's leading organiser of adventure travel and expeditions all over the world. They're a beacon for adventurous travellers, offering memorable experiences in unique Norwegian destinations with one-of-a-kind guides.

Together, we make your travel and team and leadership development dreams come true with tailor-made experiences.



*"We believe adventurous leadership and team development is an essential long-term strategy for optimal wellbeing and success in any business. We've experienced the powerful impact these adventures can have on your team's wellbeing and performance with Adelaide, and how they empower each member to live their best life. We're excited to partner with Adelaide to offer transformational team and leadership development to empower your team and leaders to fulfil their highest potential, while having an adventure of a life time!"*



Marit Vidnes,  
CEO, Norrøna Hvisterk



# DRAC GLOBAL LOGISTICS GROUP, CASE STUDY

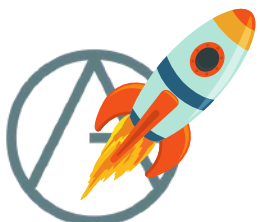
We created DRAC's first employee wellbeing program and achieved incredible results with an 8-week team development adventure, consisting of weekly live, online video 45-minute training sessions, with a complimentary workbook. All sessions were recorded for employees in video and audio.

*"Adelaide has done wonders for our team and I highly recommend her. Now when I walk in the office, I hear more talking and laughter. The atmosphere is lighter, positive and joyful. They're still doing their work, but with greater enthusiasm and enjoyment. It's really great to see. We are continuing to work with Adelaide."*

Alex Hayes, CEO, DRAC Global Logistics Group

*"Thoroughly enjoyed Adelaide's development adventure and loved her positivity. Adelaide's Ideas and techniques have helped me adapt some of my own processes to make my life more focused and this will help me achieve my life goals inside and outside of work."*

DRAC Team Member



## KEY TEAM PERFORMANCE TRANSFORMATIONS

DRAC TEAM PERFORMANCE SURVEY RESULTS



### MEMBERS' DESIRED SKILL MASTERY FOR ULTIMATE CAREER SUCCESS

- ↑ STRONG, POSITIVE MINDSET
- ↑ CONFIDENCE
- ↑ IMPROVED MANAGERIAL SKILLS
- ↑ ENHANCE TIME MANAGEMENT

### TOP FACTORS HOLDING TEAM MEMBERS BACK

- ↻ NEGATIVE MINDSET
- ↻ SELF-DOUBT/LOW CONFIDENCE
- ↻ WORRY & ANXIETY
- ↻ PEOPLE SKILLS

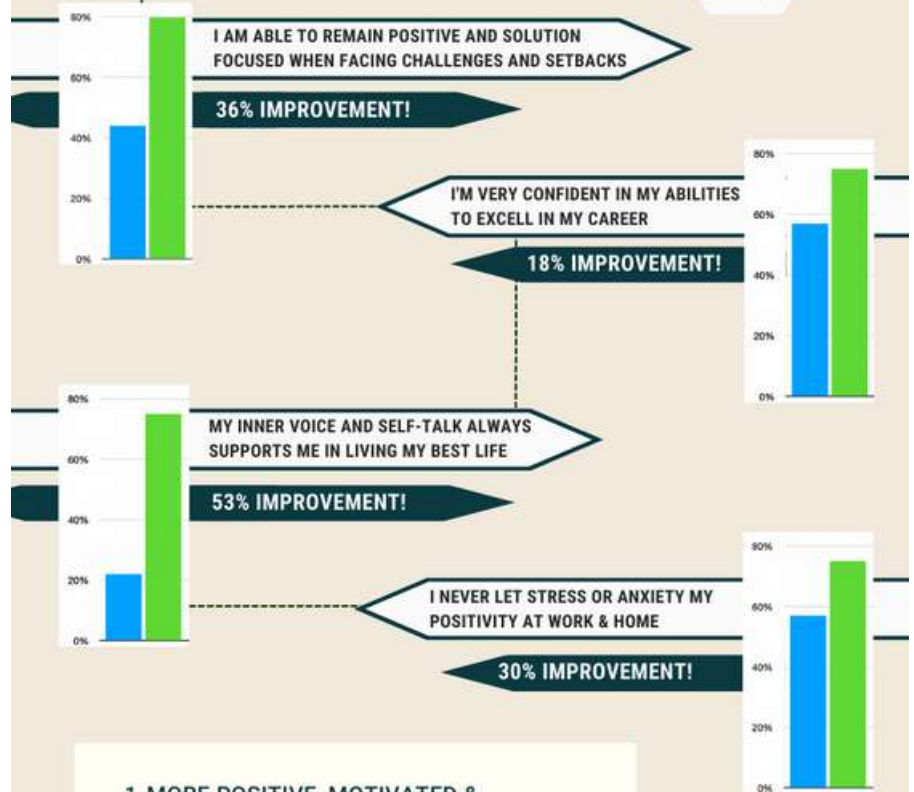


### 4 GREATEST CHALLENGES IN THE WORKPLACE

1. EFFECTIVELY MANAGING WORK LOAD
2. WORK-LIFE BALANCE
3. NEGATIVE MINDSET
4. CONSISTENT HIGH PERFORMANCE



### TRANSFORMATIONS CREATED IN 4.5 HOURS OF BRAIN TRAINING

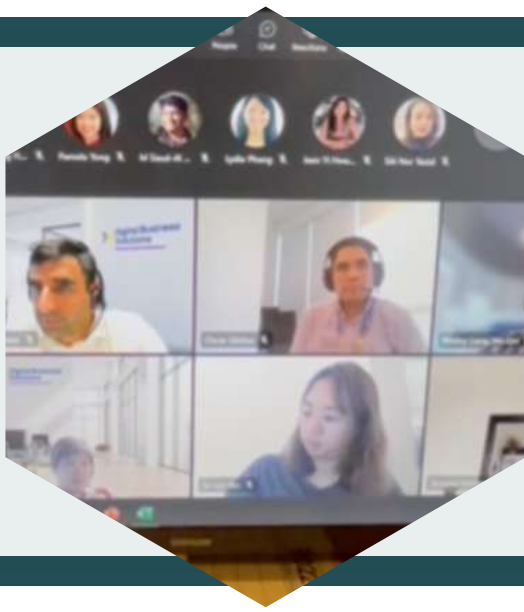


1. MORE POSITIVE, MOTIVATED & CONFIDENT MINDSET
2. ENHANCED LEADERSHIP SKILLS
3. OVERCAME GREATEST WORK CHALLENGE
4. VIRTUALLY REMOVED ALL FACTORS LIMITING MY CAREER SUCCESS

### 4 GREATEST TRANSFORMATIONS & ACHIEVEMENTS







# BRITISH AMERICAN TOBACCO, MALAYSIA CASE STUDY

## CHALLENGES

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British American Tobacco, Malaysia noticed their employees' mindset was increasingly negative, pessimistic and failure-focused.

They knew highly stressed, worried and miserable workers led to low variable performance, lower profits and higher absenteeism incl. burnout - all of which they wanted to avoid. Bottom line: employee wellbeing at work wasn't at odds with their agenda.

## SOLUTION

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The real fix was simple: through bespoke team performance training, teach their employees how to mould their minds to become super performers, who can more easily and positively manage stressful and high pressure situations.

## RESULTS

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1

### Enhanced Work Relationships

Workplace relationships improved, resulting the team leader and manager better able to create a thriving culture of enthusiasm and productivity.

2

### Positive Mindset Installed

Equipped employees with simple techniques to stop negative thoughts and feelings, and supercharge positivity, confidence and motivation. Empowering them to better execute and advance the team's goals—and be happy while doing it.

3

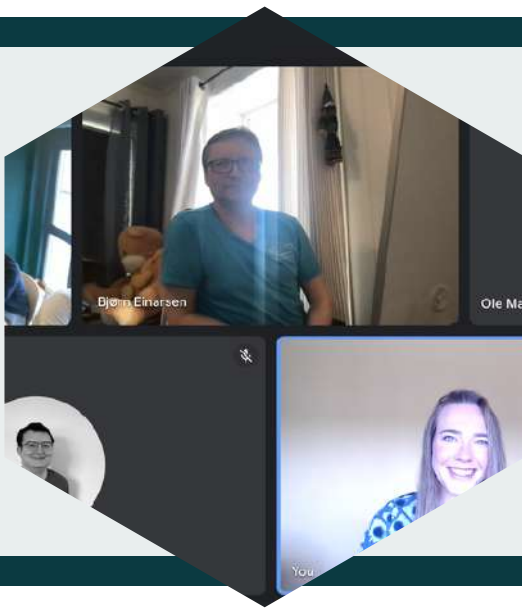
### Game-Changing Team Culture

Associated company's mission with wellbeing. Contributed to a positive and performance-enhancing workplace culture, by helping optimise cognitive function, positivity, performance, job satisfaction, resilience and overall happiness.

4

### Next Level Mental Toughness

Provided mindset tools to help members cope with the many demands, pressures and stressors of the financial environment. During the monthly periods of high stress, it was noticed that the team performed more consistently at a high level.



# VANGEN & PLOTZ, NORWAY CASE STUDY

## TOP 3 CHALLENGES

1. Struggling with negativity and stress, and increasing friction between team members
2. Noticed employees disengaging e.g. not turning on cameras for meetings
3. Experiencing higher than usual employee turnover and sick leave

## SOLUTION

Through the Champion Audit, we identified three key areas that required transformation to create the team leader's desired results: enhanced team performance, positivity, mental toughness, job satisfaction, confidence and overall well-being. Here's what we covered:



Think Like A Champion  
(cultivating positive  
mindset)



Habits for Optimal  
Performance &  
Wellbeing



Champion Solutions  
for Next Level Team  
Performance

## RESULTS

1

### Developed Positive Performance Mindset

Learned strategies to reprogram their brains for positivity. Empowered them to consistently show up as their best selves and better manage stressful situations. Significantly reduced negative self-talk. Provided a greater understanding of how their communication impacts their colleagues, and how to communicate in a more productive way.

2

### Thriving Team Culture

Created daily team building solutions e.g. installed a dart board! Noticeable enhanced positive and effective communication, and the office culture became lighter and more enjoyable.

3

### Enhanced Wellbeing & Cognitive Function

Learned the importance of powerful personal and work routines, including performance-enhancing time management strategies. Changes made included going to bed earlier, eating healthier, and start and end of work day task check-in's. Overall team health and performance noticeably improved.





# ROSE MEDIA GROUP, UK, CASE STUDY

## CHALLENGES

Rose Media Group is a small high performing team; however, after covid they were struggling with lower levels of positivity, productivity and team connectedness. They wanted to reinvigorate their team and cultivate a more positive and energizing culture.

## SOLUTION

We designed the team's Champion training with the whole team to ensure everyone felt valued and empowered to transform their mindset and extend their potential, both inside and outside of the office. Here are the three modules they chose:



Think Like A Champion  
(cultivating a positive  
mindset)



Habits for Optimal  
Performance &  
Wellbeing



Motivation On  
Demand

## RESULTS

### 1 Supercharged Team Wellbeing

Learned strategies that helped them to supercharge positivity, confidence, calmness, resilience and happiness. Reduced negative feelings and thoughts incl. stress and self-doubt. Empowered to execute their goals in more enjoyable, motivated and relaxed ways, and not bring work home.

### 2 Turbocharged Team Performance

More positively and productively handled challenging clients and situations; more effectively and efficiently prioritized work and approached projects; maintained high levels of focus and productivity.

### 3 Positive & Performance-Enhancing Culture

By enhancing their self-awareness and holding each other accountable in wonderful ways, they were empowered to enhance the company's positive and performance-enhancing culture, and better equipped to smash their individual and team targets!



*"We needed an uplift, build the team's confidence and reinvigorate the feeling of being a team. Adelaide understood how we could transform our mindset to solve our challenges, and trained us on being Champions and a Champion team brilliantly!"*

Aneela Rose,  
Founder & Director, Rose Media Group

Adelaide  Goodeve

# Meet Your Personal Brain Coach:

Adelaide  Goodeve



## Creating Champions by tapping into your team's superpowers.

My career began unlike most. When I look back on the years I had severe Chronic Fatigue Syndrome, it's just a bedridden blur of darkness.

What started as an impossibility became reality. As a hail mary I immersed myself in brain training and after just three days, I never looked back. Brain training has taken me places wilder than my wildest dreams.

By exercising the right neuropathways you activate and strengthen your desired thoughts, feelings, behaviours and responses. In other words, by training your brain you bring your desired future self and team with goals and dreams into reality.

A decade later, I've helped transform hundreds of individuals and teams, I'm an international speaker, award-winning podcaster and living my dream life in Norway.

When we meet, we identify your team's key areas of stuckness and then we get to work (and hopefully embark on a transformational adventure with Norrøna Hvisterk too)!

You can think of me as your teams' and leaders' personal brain coach.



*"Adelaide worked with us on nerdy things. We needed to bond better as a team and complete assignments more efficiently, effectively and enjoyably. I've seen real progress. This stuff may seem strange at first, but it works!"*

**Pål Messenlien**

**Team Leader & Senior Software Engineer for Vangen & Plotz**




# YOUR TEAM'S TIME IS NOW.



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