



Performance without Burnout

Cutting-Edge Research for a Fast-Paced World

with



Dr fLorence Cotel

Neuroscientist | Entrepreneur | Endurance Athlete
Speaker

In today's fast-paced world, we're constantly bombarded with demands - managing, adapting, delivering, the list goes on increasing the risks of burnout.

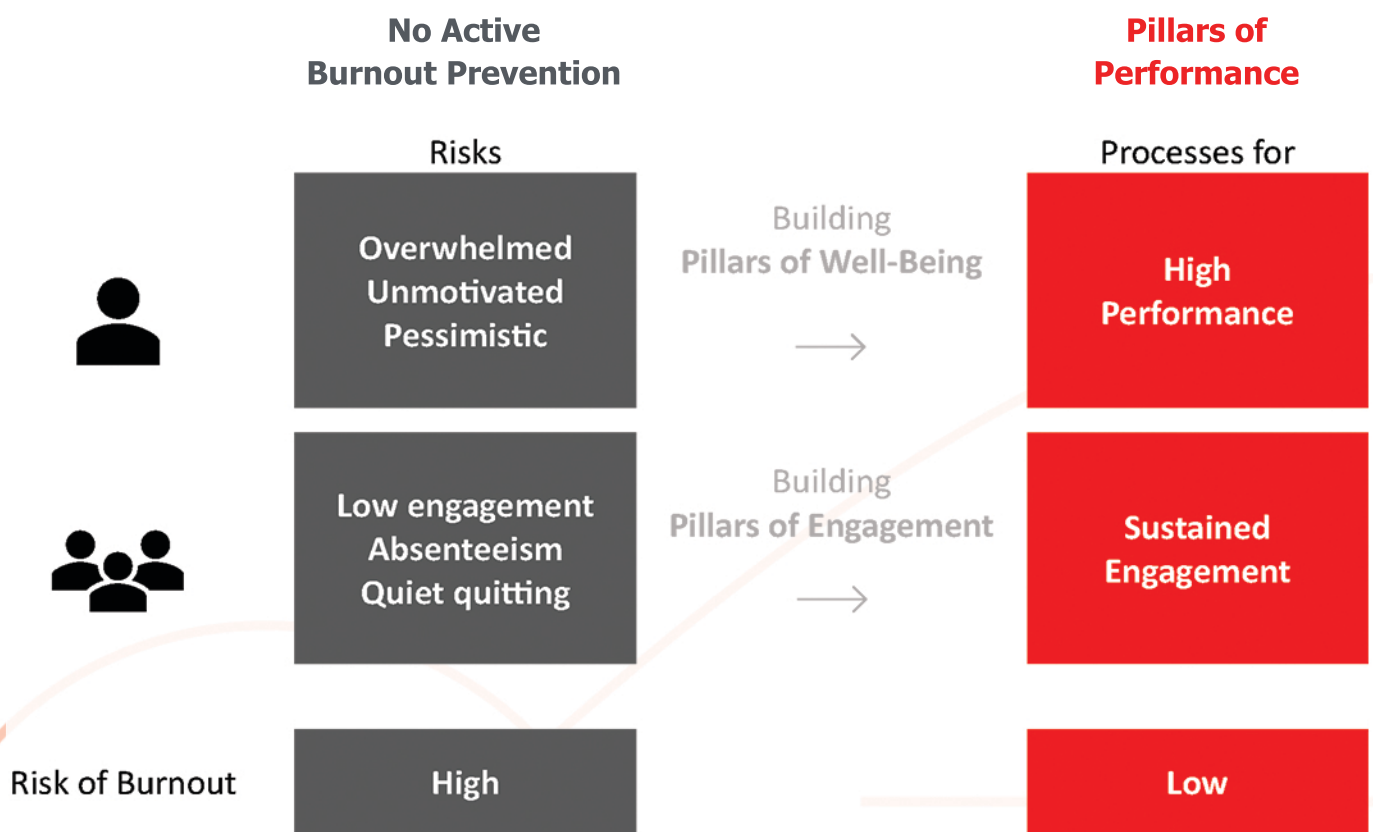
How can we perform at our best without burning out in the long term?

“ **The solution is not slowing down!** ”

While recent reports show that no one is immune to burnout, the good news is everyone benefits from prevention!

“ **Nobody is immune to burnout.** ”

But burnout can be prevented!



Establishing Pillars of Performance empowers your teams and leaders to prevent burnout and unlock their performance.

Are you equipped against burnout?

Do you want a culture of performance with employees thriving?

We can help.




Dr fLorence developed a method to prevent burnout based on cutting-edge research.

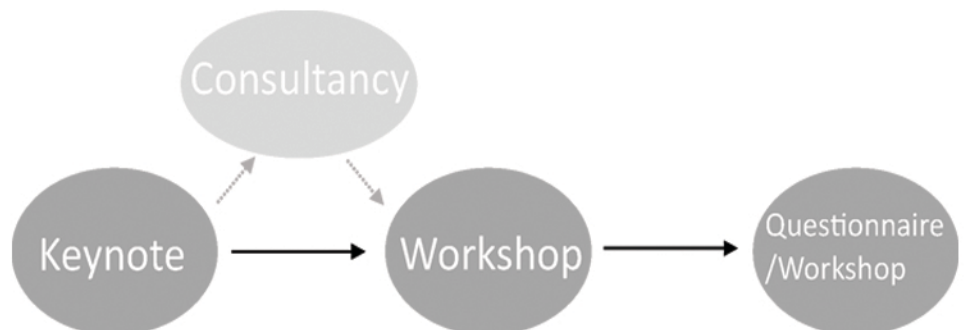
The Cotel Method delivers an engaged culture of high performance.



Dr fLorence offers **Keynotes, Workshops,** and **Consultancy Services**

delivered independently or in sequence.

-  In-Person
-  Virtual
- or  Hybrid



Keynotes are thought-provoking and deliver knowledge.

Workshops follow a hands-on approach to guide attendees in designing their own pillars of performance.

Looking for a bespoke solution?

Dr fLorence offers **consultancy services** to create bespoke workshops or in-house training programs.

About the speaker

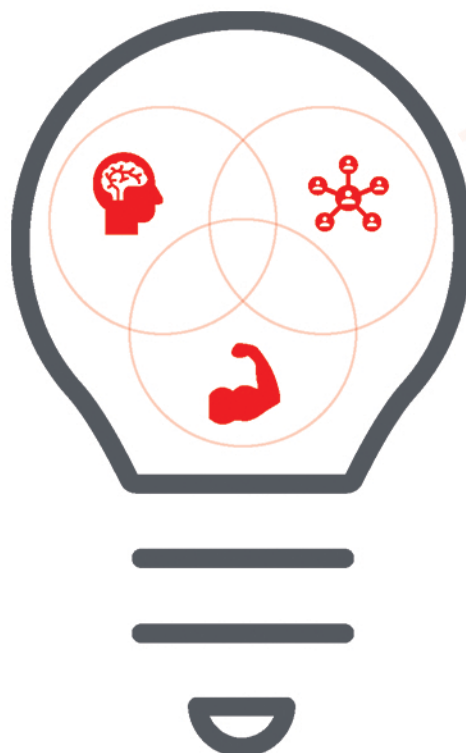
Dr Florence Cotel is a distinguished neuroscientist, visionary entrepreneur, accomplished endurance athlete and inspirational speaker. Her pioneering work on neuronal fatigue was featured in media worldwide, while her organisation, BLiSS Science and Innovation inc., has earned accolades across Australia for fostering interdisciplinary collaborations to tackle complex challenges.

Beyond her ground-breaking research and visionary leadership, Dr Florence thrives on pushing her limits. In 2011, she cycled 12,000km from Quito, Ecuador to Ushuaia, Argentina.

Her multifaceted life experiences have made her an authority in driving peak performance and facilitating complex teamwork. With two decades of global speaking experience, she empowers audiences with practical insights and boundless energy, championing well-being as a pillar for performance.

Dr Florence works at the intersection between

Neuroscience, Innovative Leadership and Human Performance.





Global speaker

Dr Florence gave conferences in Europe, North America, Asia, the Middle East and Australia.



"Very inspiring ideas to experiment and adopt immediately."

Pedro, Leadership and Talent Manager
Societe Generale





Reframing Burnout

How to reach ambitious goals
without compromising on the pace or burning out

In the hustle and bustle of the modern fast-paced world, burnout has emerged as a pervasive concern, affecting individuals in various occupations and career stages. Despite numerous initiatives and programs in place, the alarming rise in burnout cases begs a critical question: Where are we going wrong?

Enter Dr fLorence, a captivating speaker who seeks to revolutionise our understanding of burnout. In this thought-provoking talk, fLorence presents a fresh perspective on the syndrome and, most importantly, introduces a novel approach to burnout prevention. The mantra is simple yet profound: not working less; working better, achieving more.

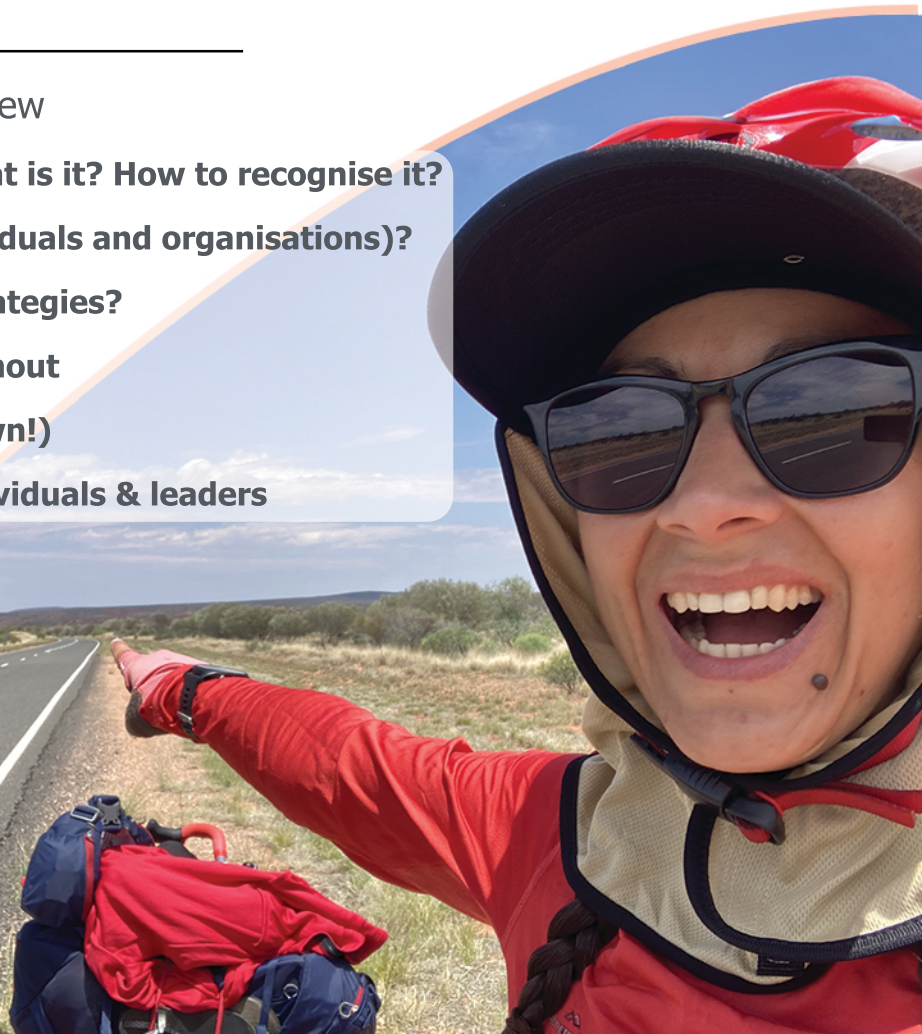
In this keynote, Dr fLorence challenges conventional notions, sparks a paradigm shift, and inspires us to become drivers of a brighter, more sustainable future.

Overview

- * **The burnout continuum – What is it? How to recognise it?**
- * **Why we should all care (individuals and organisations)?**
- * **What is missing in current strategies?**
- * **New solutions: reframing burnout
(No it's not about slowing down!)**
- * **Next actions to take - For individuals & leaders**

Keynote duration can be adapted between 30 min to one hour.

They include a preparatory phone call with Dr fLorence.





Making 'Working Together' Great Again

Unlocking the power of engagement
to promote well-being and drive performance

In the post-pandemic landscape, leaders face a growing challenge - the silent exodus of talents known as 'quiet quitting'. It is a phenomenon that not only impacts your business' bottom line but also takes a toll on the well-being of your most valuable asset: your employees. The struggle to engage remote staff is real, and coercing a return to the office has proven counterproductive. So, how can you reignite engagement in this complex environment?

This game-changing keynote will empower you to transform your workplace culture into a thriving hub of collaboration and engagement. "Making 'Working Together' Great Again" is your gateway to making teamwork meaningful again, boosting employee engagement, and enhancing overall well-being. Whether you're an experienced leader or a rising star, you'll walk away with fresh insights into the world of engagement and a toolkit of practical strategies to unlock its true potential.

Seize the chance to unleash your team's unparalleled potential and create a lasting impact in the dynamic realm of modern work.

Overview

- * **Engagement: The Tool to Combat Quiet Quitting**
- * **Elevating Staff and Collaborator Engagement**
- * **Breaking Down Barriers to Engagement**
- * **Neuroscience-Driven Perspectives on Listening and Communication**
- * **Sustaining Engagement for the Long Haul**

Keynote duration can be adapted between 30 min to one hour.

They include a preparatory phone call with Dr fLorence.



Building my Well-Being Pillars

How to thrive and perform at work on the long-term



In today's fast-paced world, it has become essential to learn how to navigate work and take care of yourself and your body to stay away from burn-out and thrive.

In this workshop, you will learn how to use well-being as a pillar of your life to thrive. Through a series of fun and engaging activities, you will identify what well-being is for you and build the pillars that suit your life and goals to support you in the good and through the tough days.

In parallel, this transformative workshop is useful to strengthen relationships between participants of an organisation.

Overview

- * **Well-Being and Burnout – Who is concerned?**
- * **Guided Self-Evaluation of Well-Being**
- * **Why Talking about Boundaries is Detrimental to our Well-Being**
- * **Identifying my Pillars of Well-Being**
- * **Pillars in Action in Daily Life**



Workshops last half a day and are preferably delivered in person.

They include a preparatory phone call and can be customised to specific needs.

Building Pillars of Engagement

How to Create an Environment that Motivates and Prevents Burnout



In the current digital/hybrid work era, engagement has emerged as a must to drive performance, retain talents, combat quiet quitting and thrive as a team. Yet, mastering the art of engagement remains an enduring challenge for managers and leaders alike.

Step into our transformative workshop, where you'll gain the vital skills and strategies needed to cultivate engagement through the power of effective communication. Discover how to elevate team morale, boost motivation, and streamline operations while reducing inefficiencies. Through cutting-edge insights from neuroscience, you'll unlock the secrets of effective listening, and wield communication as a tool against micromanagement.

Join us on this dynamic journey to unleash the true potential of engagement, ensuring your team not only survives but thrives in today's fast-evolving world.

Overview

- * **Cultivating Strong Relationships across the organisation**
- * **Mastering Effective Listening: Hacking Your Brain for Better Connection**
- * **Adapting your Communication to Prevent Micromanagement**
- * **Re-thinking Flexibility**
- * **Unlocking Engagement**



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Why book Dr fLorence?

Innovative strategies for performance optimisation

- ✓ Based on latest research
- ✓ Endurance training-inspired
- ✓ Tailored for business
- ✓ Ready-to-implement

Award-winning researcher

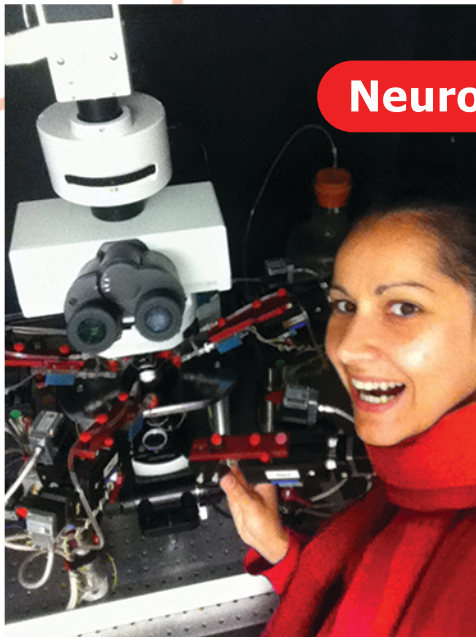
- ✓ Unique expertise
- ✓ Global speaker
- ✓ Storytelling master
- ✓ Infectious energy
- ✓ Extraordinary ability to inspire

“ Dr fLorence’s talk was exceptionally inspiring and thought-provoking.”

Fanny - Head of Experience CVA



Learn
Performance without Burnout
With a



Neuroscientist



Innovative Leader



Endurance Athlete



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