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5 steps towards improved vitality

Abstract

Over David's years as a coach trainer and Athlete, he realized that there are patterns that repeat themselves that enable athletes and teams to perform at their best time after time. Watching these teams and athletes before, during and after their performance David concluded that there was surely a way he could bring these patterns into the corporate world and get these corporate "athletes" to perform their peak and raise their vitality during the process. By raising their vitality as a team you raise the morale, productivity and profitability of the workplace, or in the nursing situation you have happier, more productive staff and can prevent burnout.

Methods

5 Steps Towards Improved Vitality is a presentation that will give the participants the systems and strategies to help them SNAP into action, know why how and when to NAP effectively for optimum performance, understand that TAPPING doesn't mean a loss, but rather a learning point. Why CLAPPING and celebrating are an important part of teamwork and increasing productivity and the importance of RE-CAPPING in order to keep improving in all areas of your life.

Biography

David has been a coach and trainer for over 20 years, as well as playing Rugby league at a semi-professional level, broke his arm arm-wrestling, and then went into Martial Arts and competed in MMA (Cage fighting). It was during his time fighting that he met his wrestling coach who guided him into Life coaching and Professional speaking. It was during this time that David came up with his 5 Steps towards Improved Vitality keynote. He truly believes that this presentation will give you the methods to improve your vitality, which is much needed after the last 2 ½ years the nurses have been through during the first lockdown in 2020 David joined forces with a marketing team to create Phenom Leap Education.

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