

## Adam Fraser

Human Performance Researcher and Consultant

**The 3rd Space.** In life and work we are required to wear multiple hats that demand we transition between different roles and environments. How do we move from one interaction to another without dragging the energy, mindset and baggage from previous interactions? 3rd Space is a fascinating and entertaining presentation that explores the human psyche as we transition between roles at lightning speed. By understanding what The 3rd Space is and how to apply it audiences will identify what action they can take to positively influence work, life and relationships.

Audiences will understand they are personally responsible for how they choose to 'show up' and the true impact their engagement has on culture, performance and results.

Learn ways to help them better manage emotions and challenges and promote behaviour patterns that build rapport and trust relationships.

**The Art of Flow.** Flow is a state of focus, high performance and positive mindset. Dr Adam Fraser knows what prevents us from hitting the flow zone and on the flip side what promotes it. Individuals, teams and companies are challenged every day. When controlling your environment isn't an option you can shift your efforts into achieving a more productive personal state. Dr Adam Fraser teaches audiences how to tap into their high performance by identifying triggers and practical techniques. His sessions have facilitated transformations within people and culture by improving their resilience and results.

The Art of Flow will show you how to self-direct change and a new frame work to view work, performance and pressure.

Deliver practical techniques to minimise distractions, reduce stress, increase productivity and transition between multiple roles and environments.

**Rehab your Habits.** When we are truthful and take the time evaluate our habits we often find we have adopted unhealthy patterns that do no serve us. Poor habits lead to poor performance, results and relationships. The difficulty lies not only in understanding how bad habits are destructive but how we go about changing them. This presentation is designed so individuals and teams can assess the habits that are holding them back. Audiences have the opportunity to reflect on their own behaviour before Adam walks them through a 9 step strategy for rehabilitation. This session is high in content yet tongue in cheek in delivery.

- What habits do you need to put in to rehab and how to do it
- What to do if you relapse and how to get back and how to stay on track