

Lift yourself and your surroundings to the next level?

Siigurd

BLUE
WATER
SHIPPING



Selected organizations



Esbjerg
Kommune



HEAD
ENERGY



UTIGER
ADVOKATER

V RIBE ESBJERG FANØ
VADEHAVSKYSTEN



Positive consequences

- ✓ Achieves better results
- ✓ Reduces stress-related hormones
- ✓ Sees opportunities and creates better win-win situations
- ✓ Manage adversity better
- ✓ Probably live 10 years longer

University of North Carolina at Chapel Hill, Professor Barbara Fredrickson





"Hunt the good stuff"

3:1

Snak med mindst 2 nye personer

That how one will be better tomorrow than one is today!

Our state

If we are in the right state, we know that it will lead to a significant increase in trust, and we can thereby provide a better service.

... A positive state creates resistance to adversity...

Our stories

Words and metaphors, in a positive turn, will help us in a better mood. Our stories are just habitual thought patterns that you have learned in the past.

... notice your thoughts so you can start removing those that do not create your good and add those that do ...

Create a compelling future. A reason to use your skills

We as humans are born with an ability to learn and develop. We must have a reason to use our abilities in a meaningful way.

... constant development, through appropriate challenges, allows people to experience energy, flourishing and optimal experiences ...

The truth about **your state**

- ☛ Did you know that your condition determines how you react in a specific situation.
- ☛ Did you know that 60-80% of your communication in sales and negotiation is body language
- ☛ Did you know that high-performing organizations have three times more positive energy diffusers than average.



State of condition

Your energy and mood affect your body language. But your body language affects your energy and mood.

Your energy can change in a short time, all the way down to a few seconds. Other people, movement, thoughts, behaviors have a huge impact on your energy. Exercise creates energy, clears your head and rebuilds you from stress.

Powerful body posture

Immediately affects our thoughts, feelings and behaviors

↑ Testosterone increases 20%

↓ The stress hormone,
cortisol, level drops 25%

↑ Risk tolerance increases
by 33%

Harvard University, Professor Amy Cuddy



The truth about **your thoughts**

- ☛ Did you know that we have 60,000 thoughts a day and they are pretty much the same you had yesterday and the day before yesterday. Our brain plays the same record over and over again.
- ☛ Did you know, the scary calculation for this, that approx. 80% of habitual thoughts are negative.
- ☛ We can rein in our thoughts and create more energy - We can change our focus for the better.



Do not believe everything you think

Thoughts are just packets of energy that are formed by neurochemical events in your brain. Your thoughts do not always give you an accurate picture of reality.

If you shed light on your thoughts - and see that you do not have to believe in them - you remove their power.

Our nerve pathways are designed to have negative thoughts from our primitive survival mechanism.

Get rid of your old story and join the truth!

What are yours
debilitating stories?

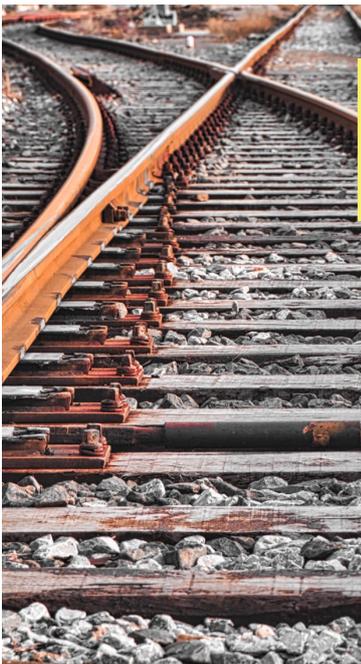
What are yours
reinforcing stories?



Talk to at least 2 new people

To self-manage **together**

- ☛ Did you know that in a strong team, the community becomes stronger than the simple one.
- ☛ Did you know that a strong organization has three times more positive energy diffusers than average.
- Did you know that a strong team indicates that
- ☛ they have the ability to use their strengths 75% of the time.



Change on a burning desire, not a burning platform

Unlimited companies,

is when working for a meaningful cause becomes a magnet for talented people looking for a first-class place to work.

The purpose is an eternal guiding star on the horizon; not to be confused with specific goals or business strategies.

Focuses on making a difference in society

If you run the business alone to make money, you risk ending up in a downward spiral, which can ultimately end the business.

Profit is a means to an end, not an end in itself.



Your challenges keep you focused Where we perform best

- Good opportunities to take initiative and to manage oneself - under the responsibility of the environment
- Concrete, energizing goals
- Manageable, unbureaucratic rules
- Flexible options for matching challenges and competencies
- Immediate, clear and non-humiliating, information on how well one is doing
- That distracting factor can be removed so that it is possible to concentrate

**... realizing our strengths
through a compelling
future is the direct path to
optimal development ...**





**We must become
what we wish to teach**

Theory without action
is empty

Action without theory
is blind

Focus points that **provide energy**

- ☛ Did you know that focusing on energizing strengths increases personal performance by about 30%
- ☛ Did you know that positivity gives energy and gives four times greater chance of success than average
- ☛ Did you know that success is 80% psychology and 20% mechanics



Energy - In short

Energy is an abstract concept. For humans, **it is the vital energy in the cells that keeps you alive.** We use energy to move, think and hold approx. 37 ° C. The energy comes from what we eat and drink.

Energy is something that can make something move and do a job.

If you are in **mental balance**, and you feel good about yourself, **your actions will be enthusiastic and full of energy.**

Task: Break through the barriers

What conscious changes do you want to create in your life?

1. What's your old story?
2. What's your new story?
3. What 2 goals do you want to achieve within the next 6-12 months?
(1 personal, 1 professional)

Go live and share your new story & the 2 goals!
Before Sunday noon on June 26 tomorrow & length max. 2 min.



Siigurd & Blue Water - Your ultimate breakthrough begins NOW (Privat)



- ✓ **Best in town.** Change and survive **with a burning desire.**
Create a **compelling and challenging** future: One reason **we need to use our skills.**
- ✓ Make it a goal to become **energy rich.** Creating energy is a habit.
- ✓ Change your condition - **Move your body, get a healthy diet, adjust your posture and smile**
- ✓ Change your story - We do not do what we can, **we do what we think we can.**
- ✓ Our standard is a direct reflection of our peer group.
Raise the standard - together and separately.