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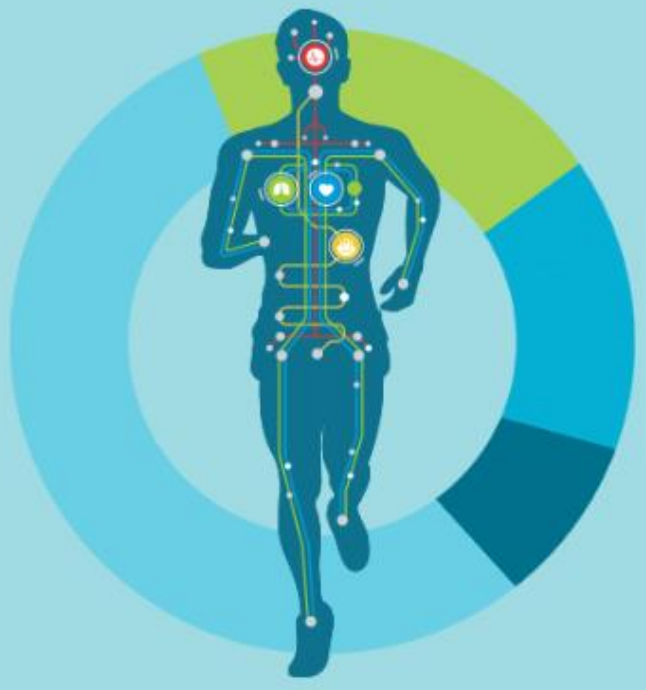
Inspiring Hertfordshire Awards 2020 FINALIST
Best use of Technology



The Data of Fluffy Stuff & The Battle for Sanity

Simon Shepard

People
Potential
Performance

Before we get going

Me

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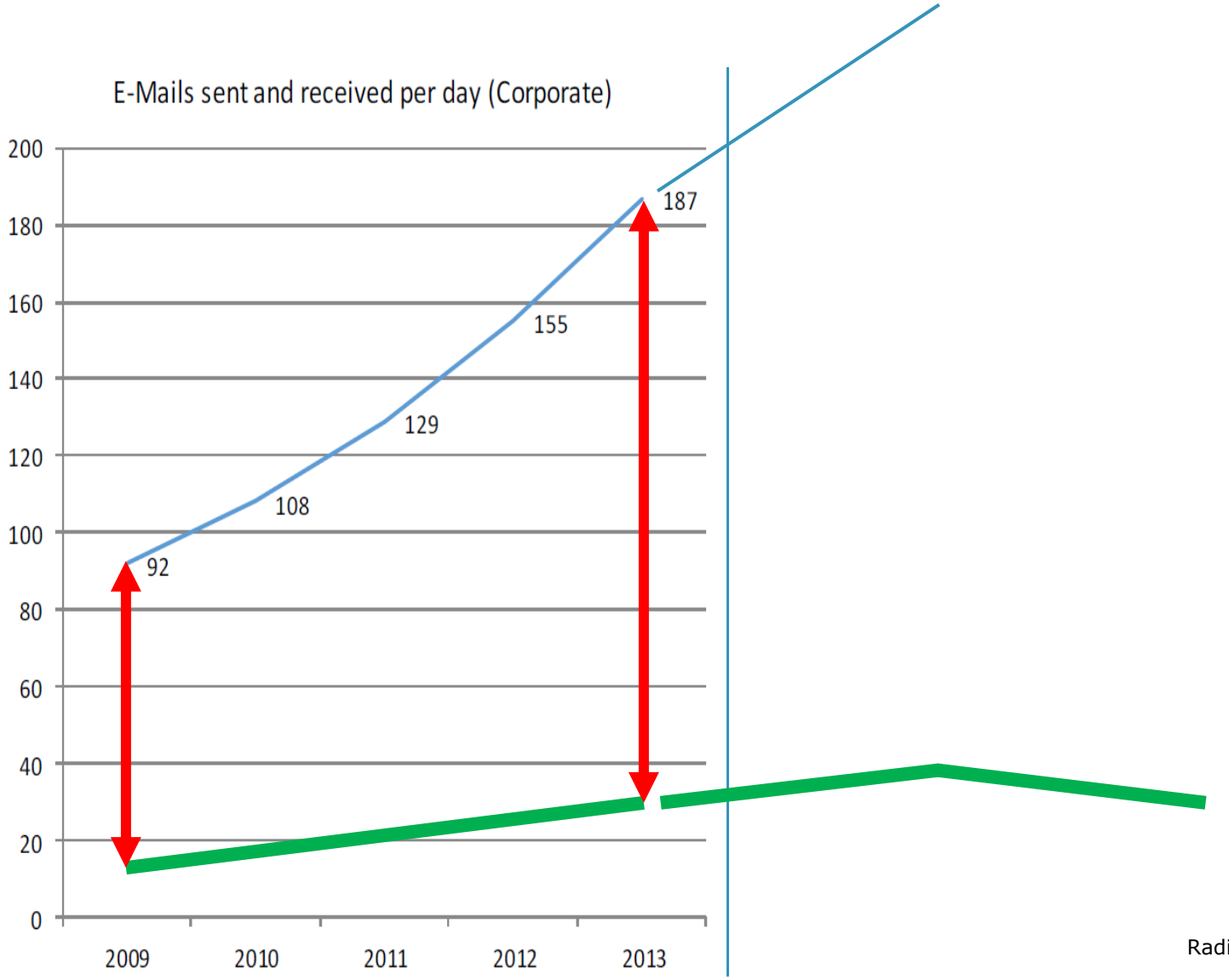
Disconnect 1: Digitisation



Radicati Group

Disconnect 2: Executive Functions

- Paying attention
- Planning
- Decision making
- Evaluation
- Self-monitoring
- Regulating emotions

Disconnect 3: Knowledge and Actions

Disconnect 4: Human

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Doing

Being

Stress

2002 cost of workplace stress was €20 b per year

2013 cost of workplace stress was €618 b per year

Matrix 2013

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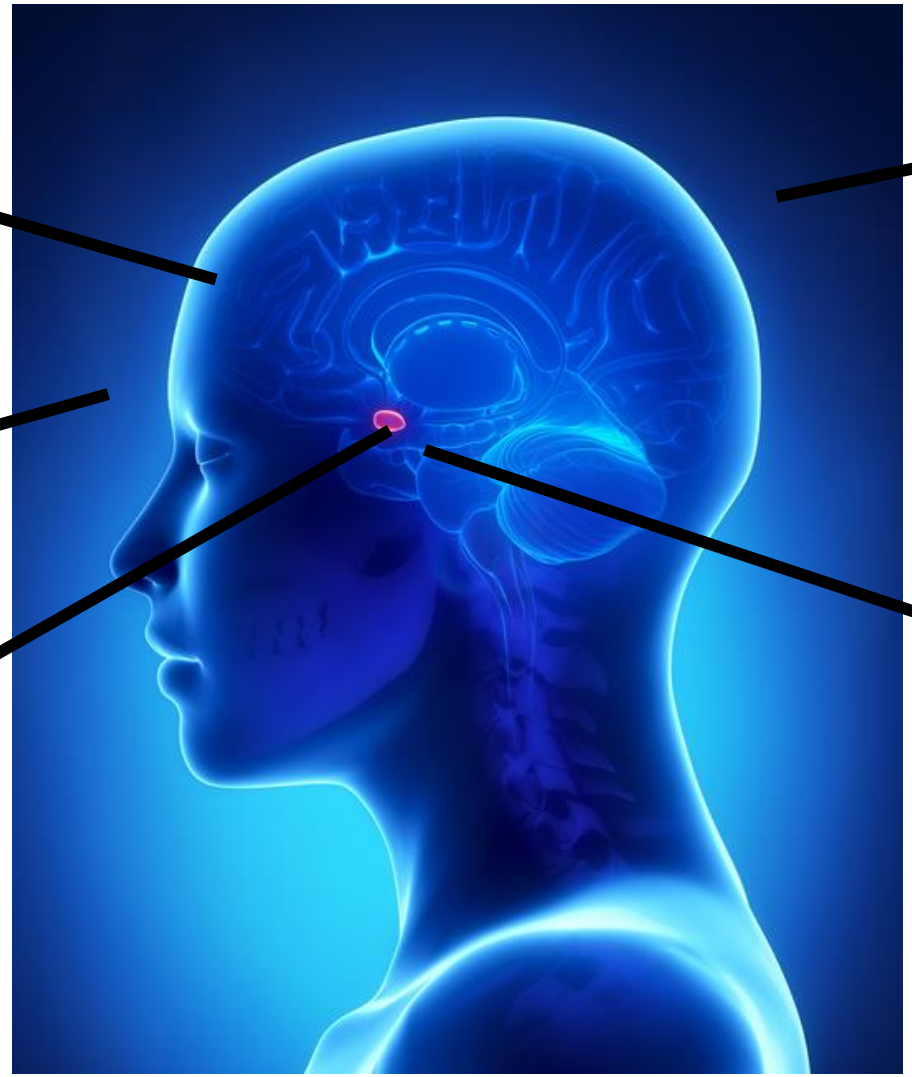
CORTISOL

Brain Power

Decrease in grey matter

Reduced BDNF



Increased myelin

Dysfunction in the hippocampus

Increase in activity in the amygdala

Psychosocial

- Behaviour changes
- Self-esteem & confidence diminishes
- It impacts our ability to be nice
- **We fail to cope**

Resilience

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Two way street

Resilience as a Process

- Recognition

- Reframe
- Relearn
- Release

- Reset

- Respond and React

- Underpinned by strong foundations

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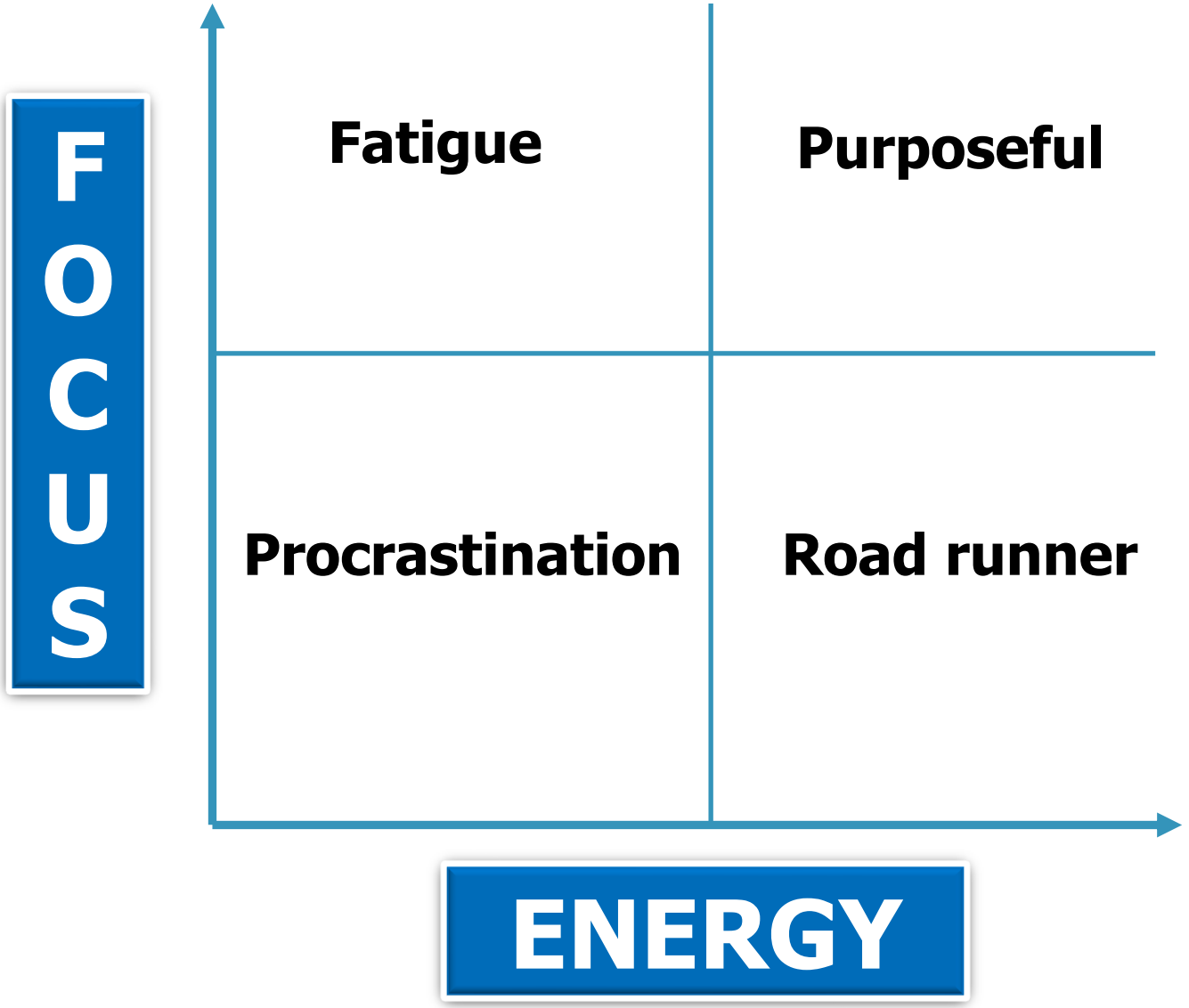
In the Zone



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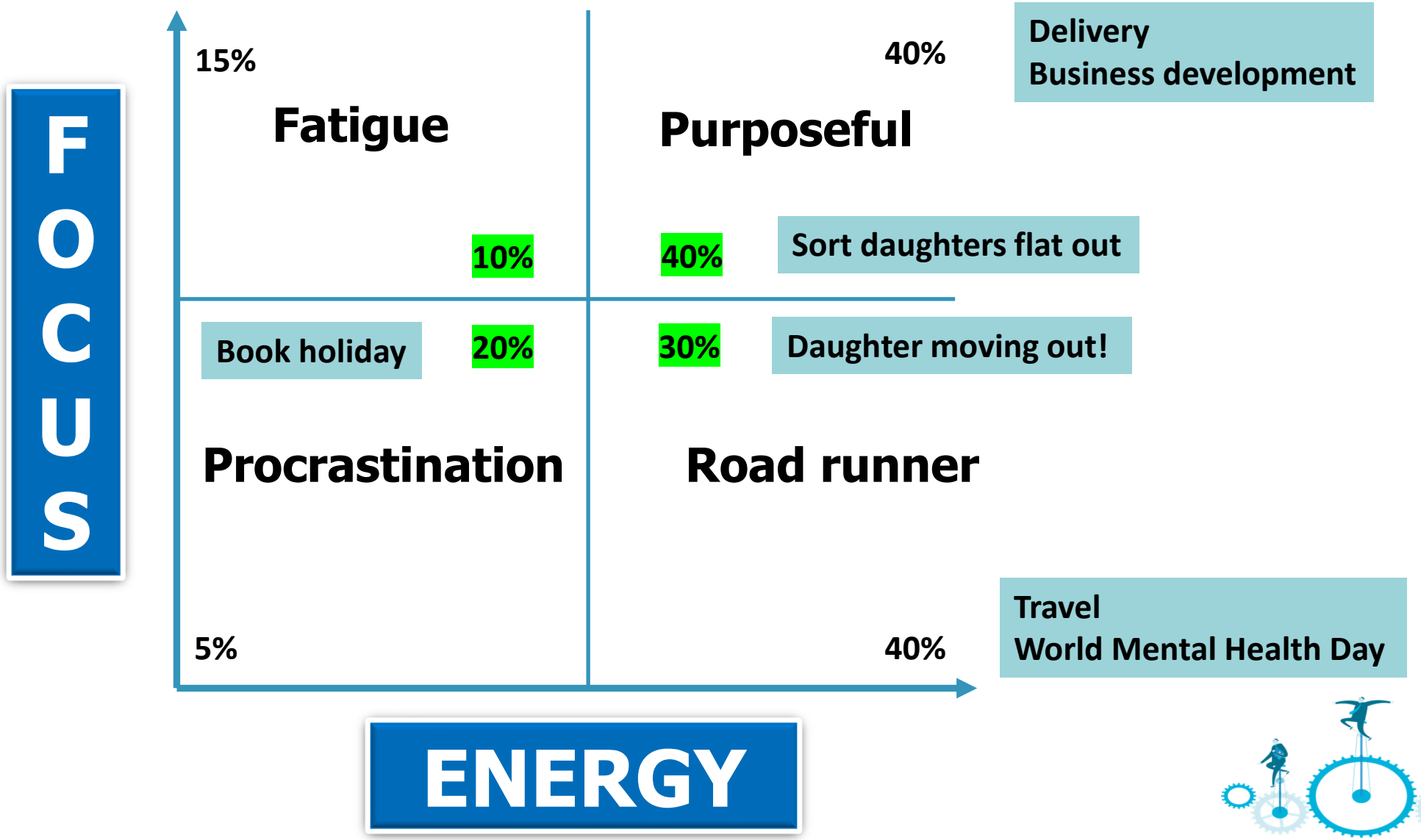
ITZ



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Is that really me?

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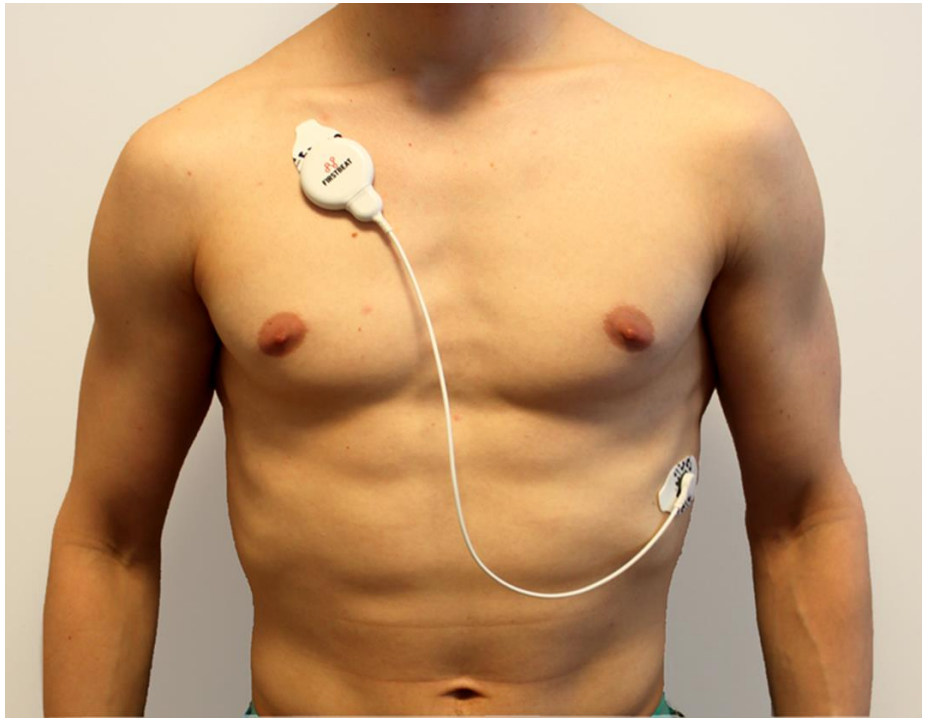
The Physiological Mirror



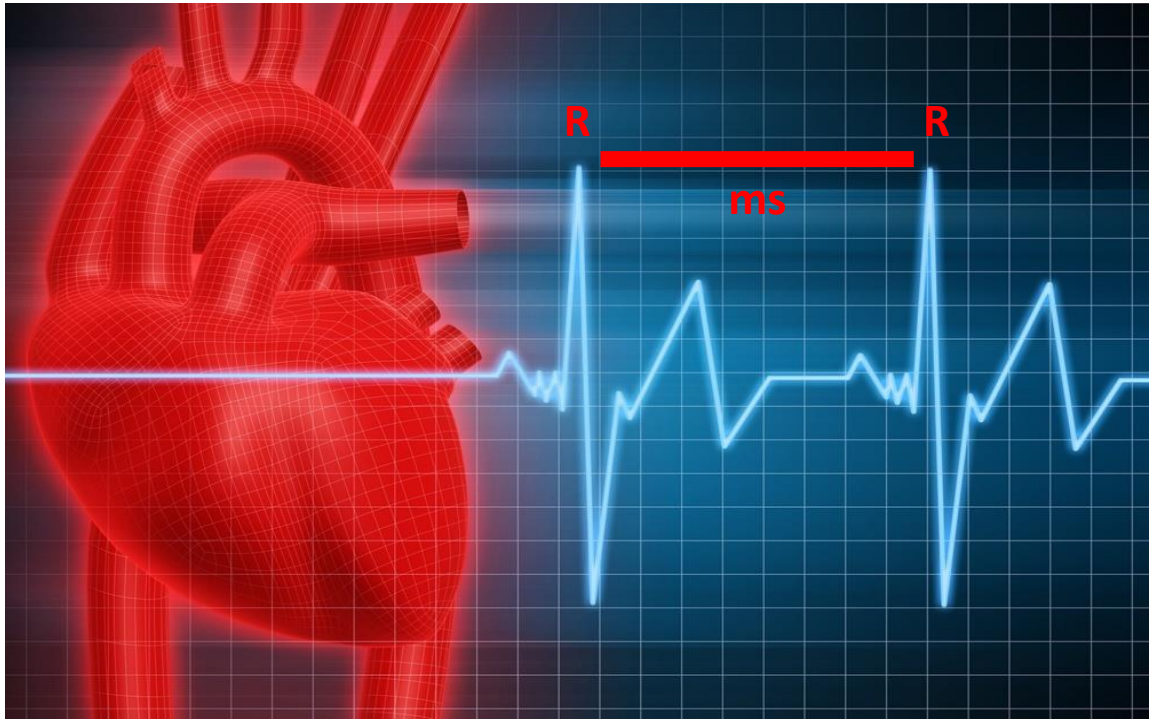
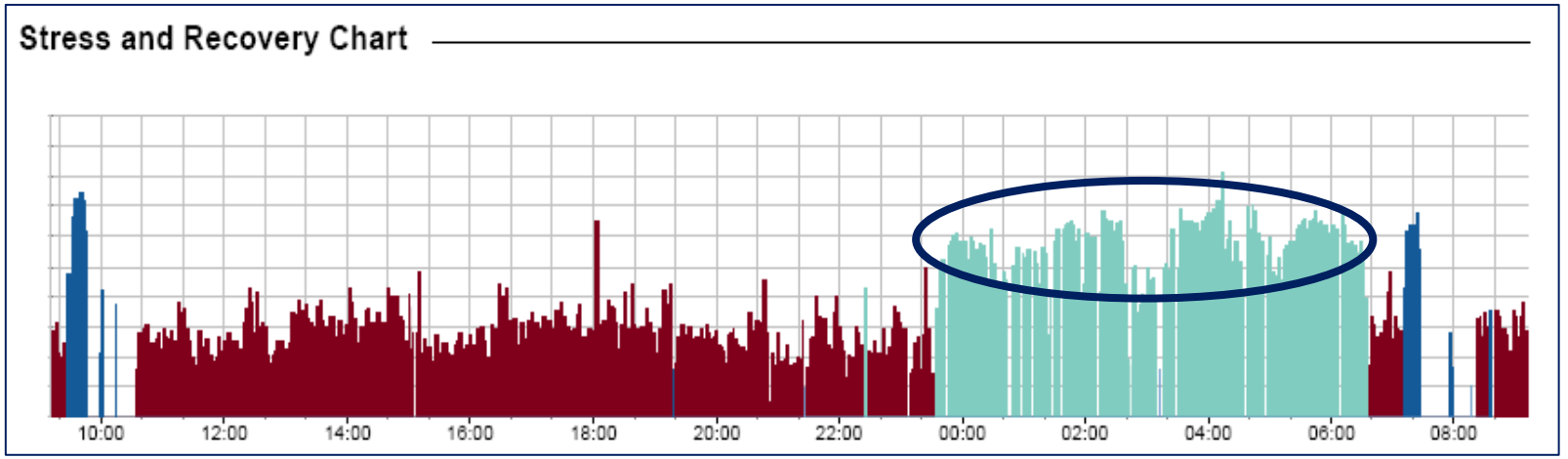
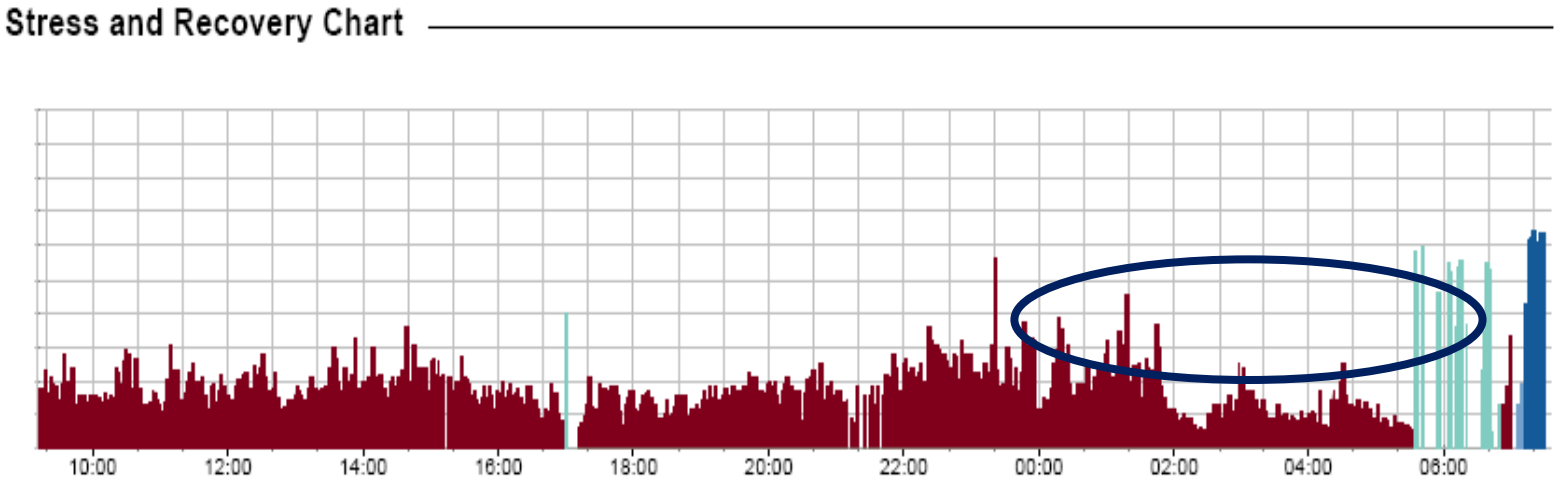


Exhibit J





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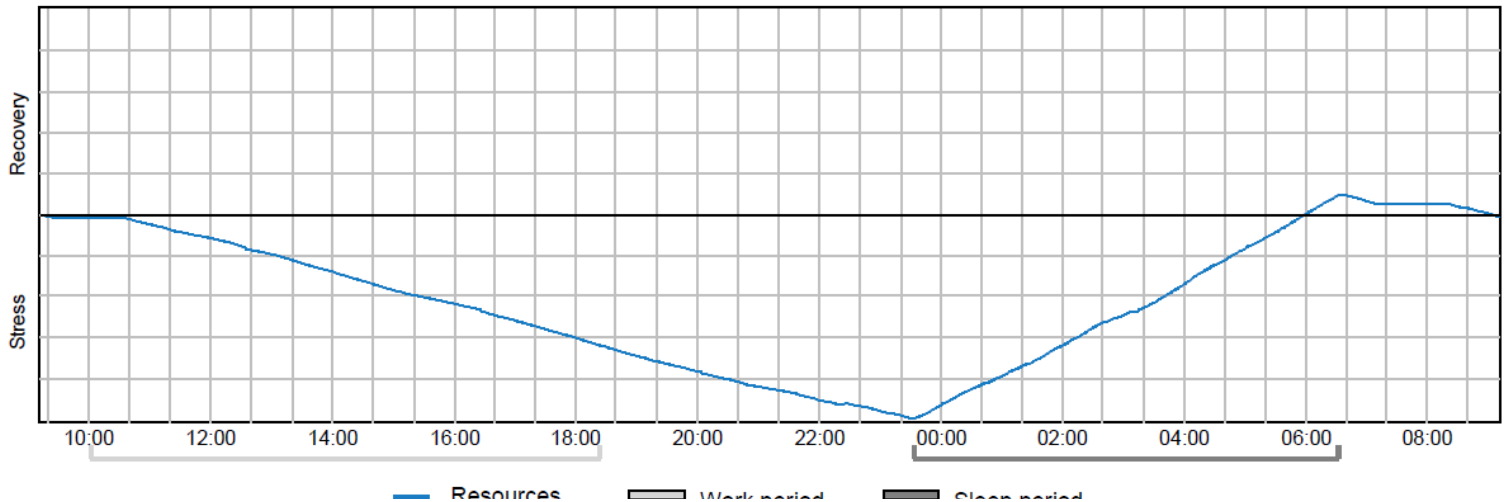
Battery levels

Resources Chart



Resources Chart

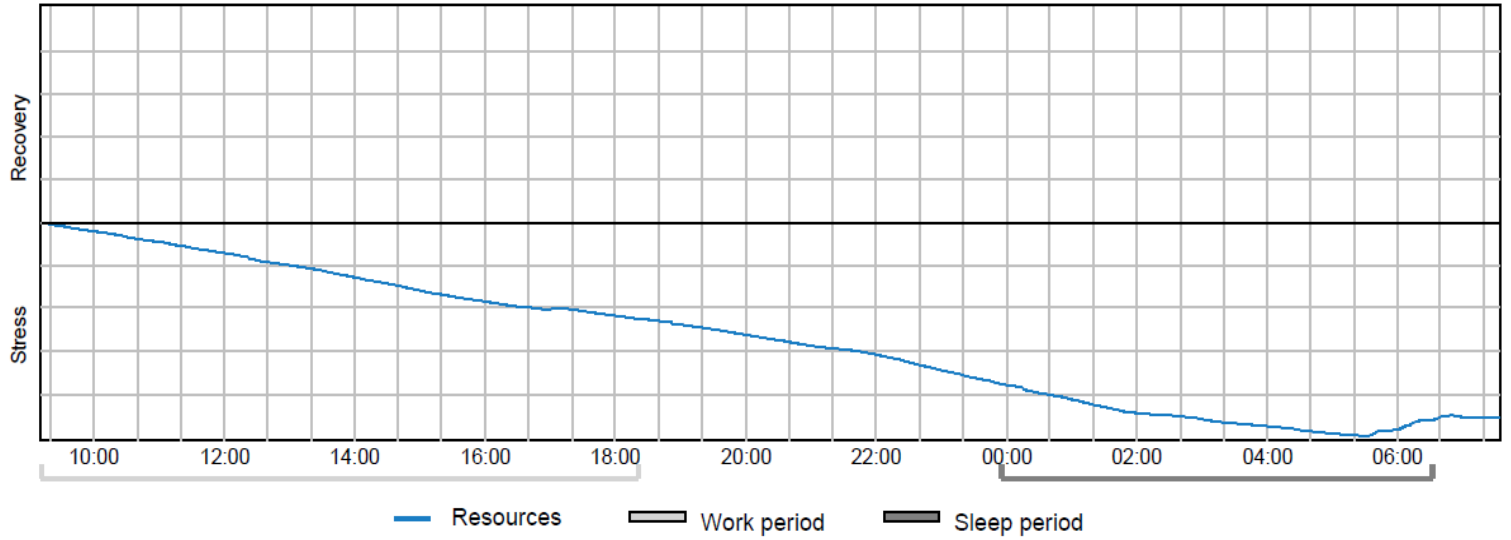


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Exhibit I

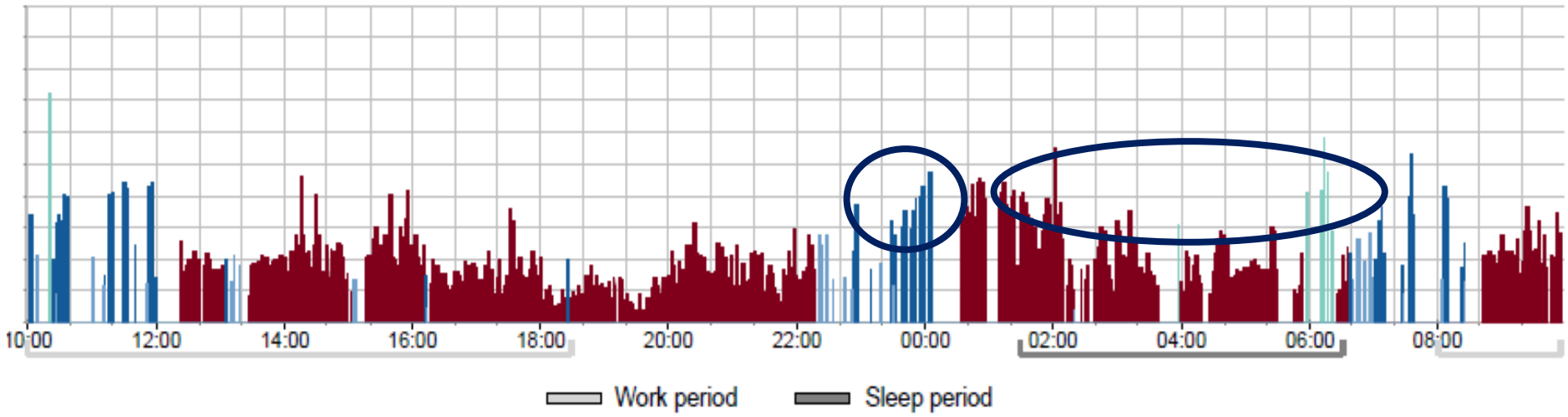

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Exhibit D

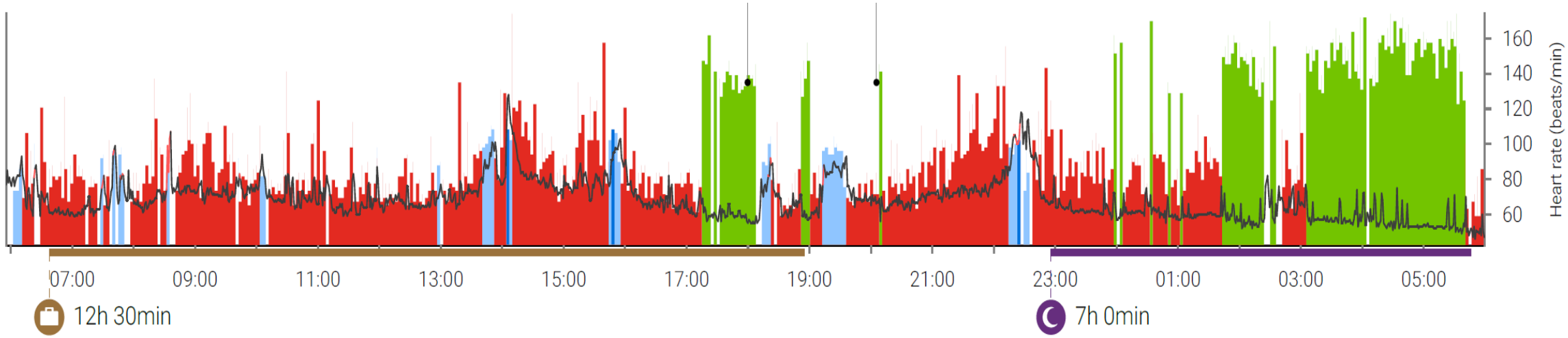

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Exhibit S

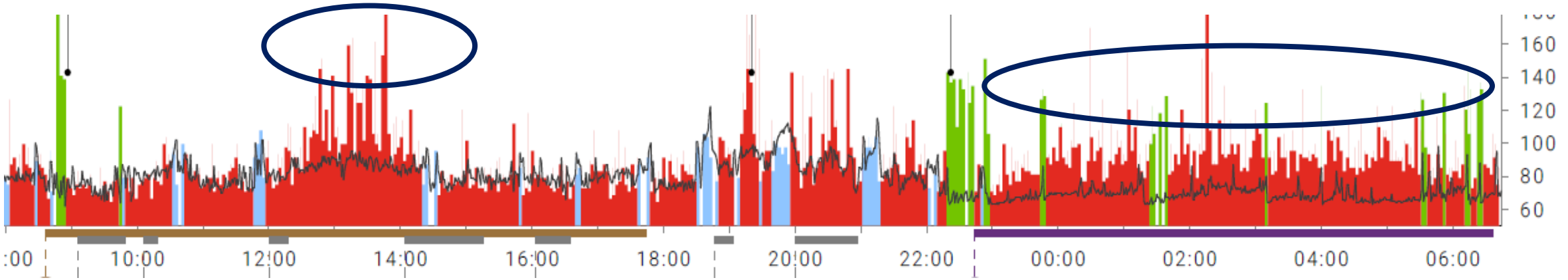

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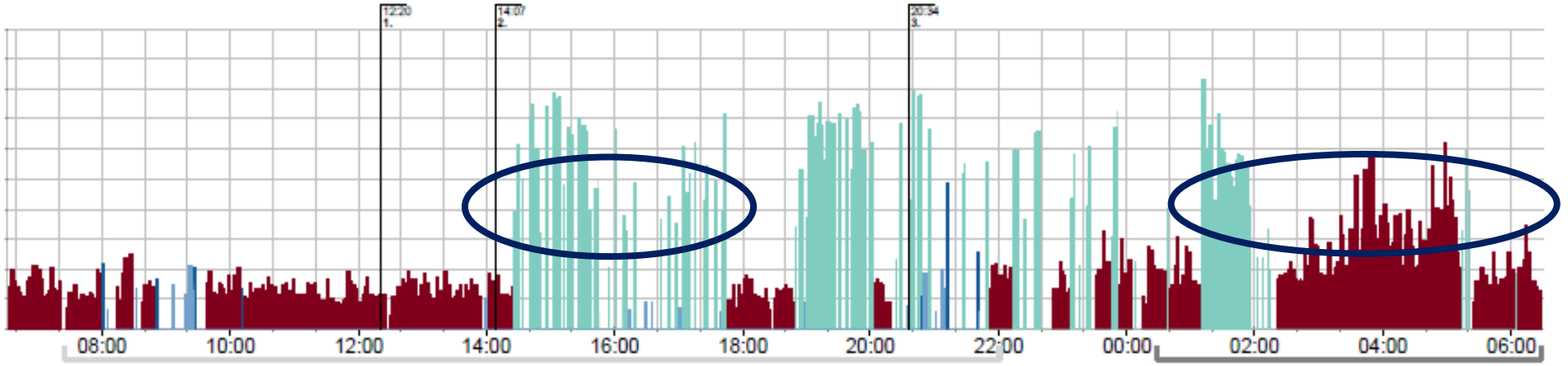
Exhibit A



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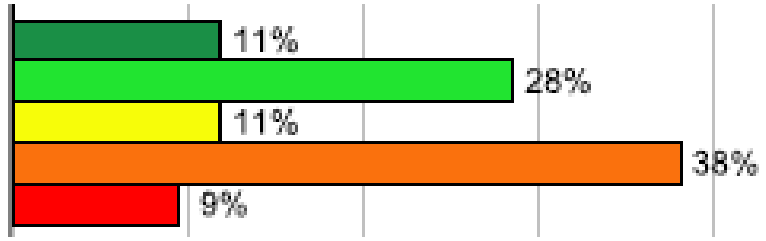
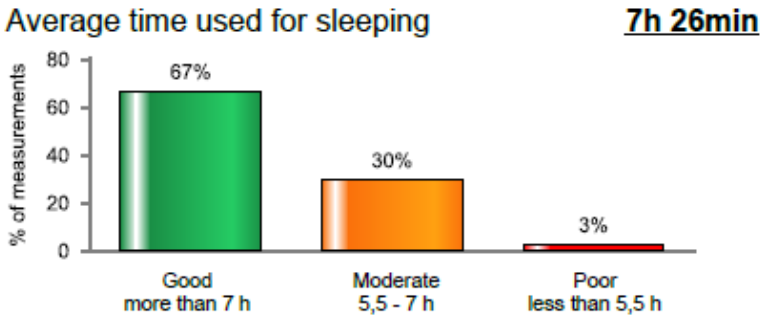
Data has its uses

What people think



What people show



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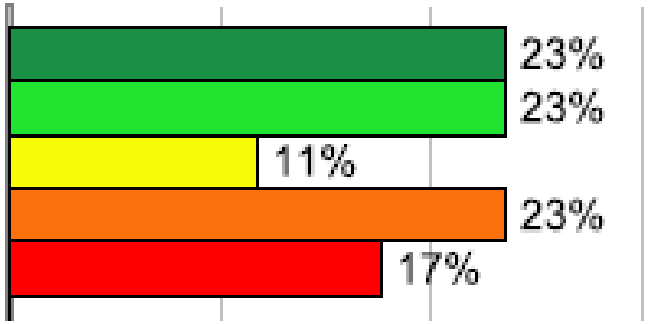
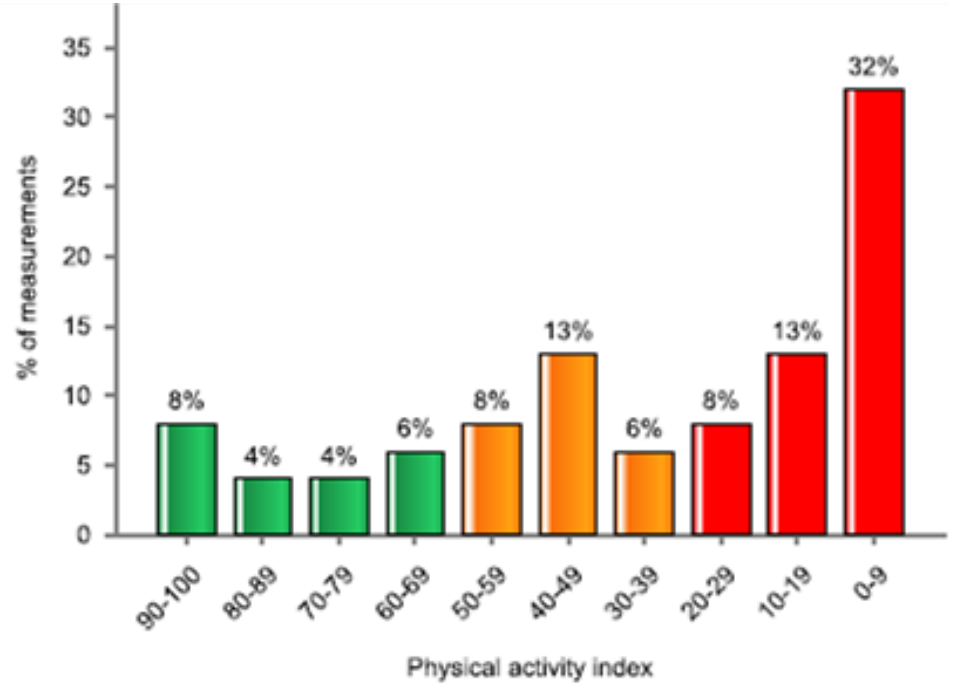
It really does……

What people think



What people show



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Data has limitations

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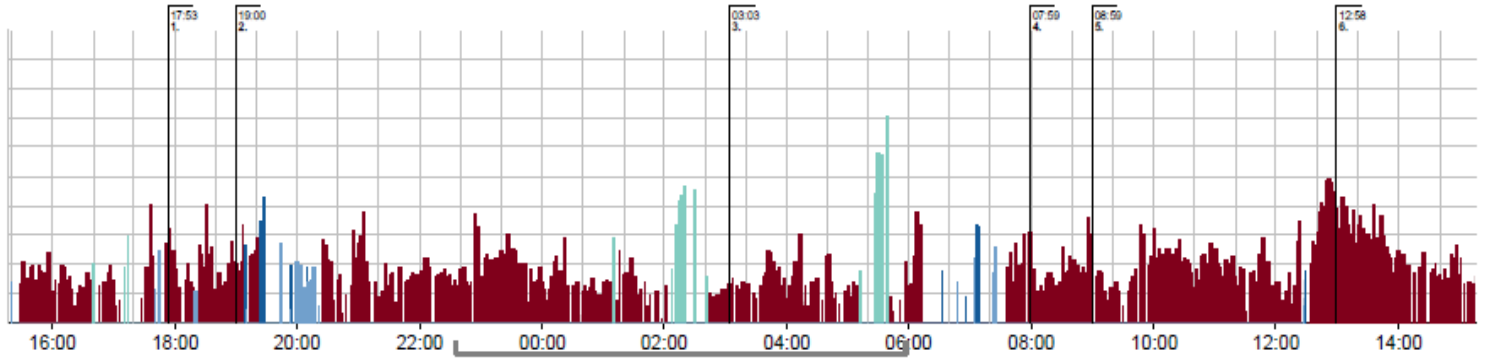
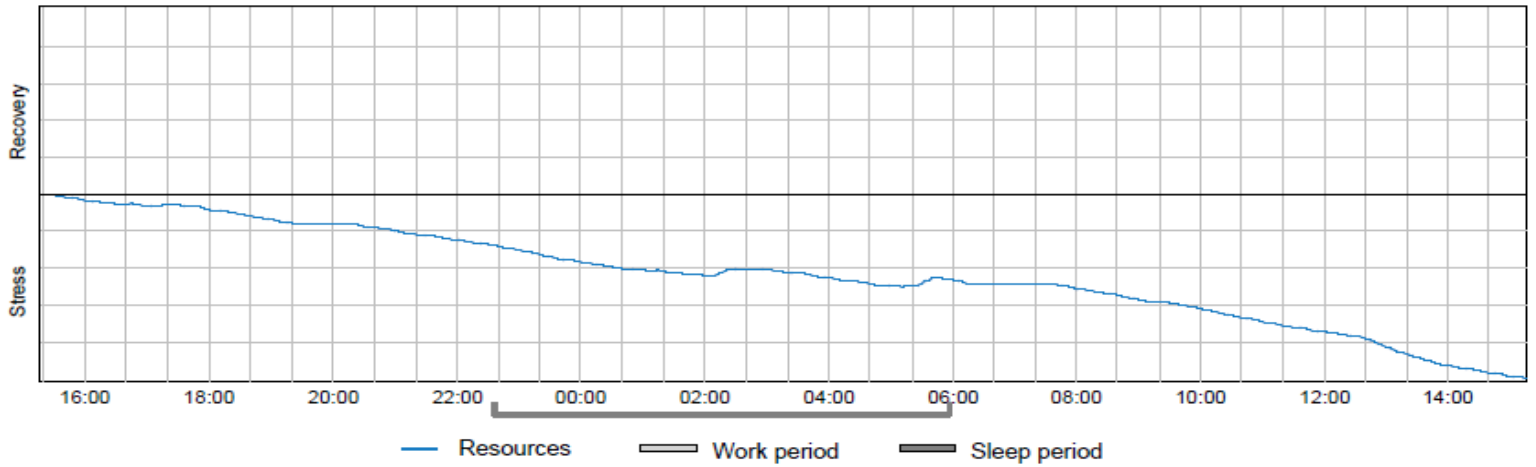
Relationship

Help

Stress and Recovery Chart



Resources Chart



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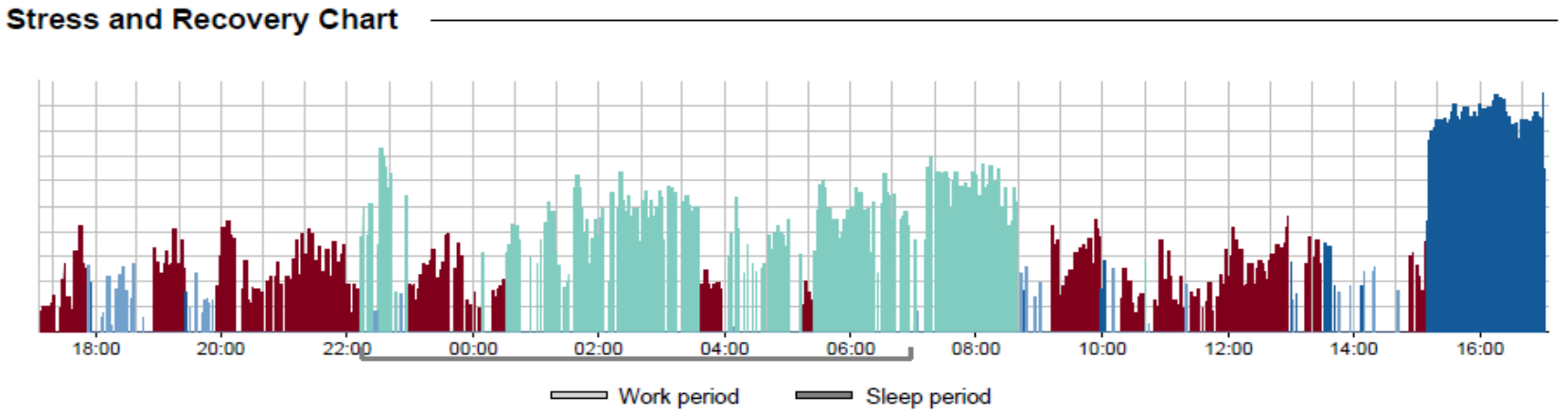
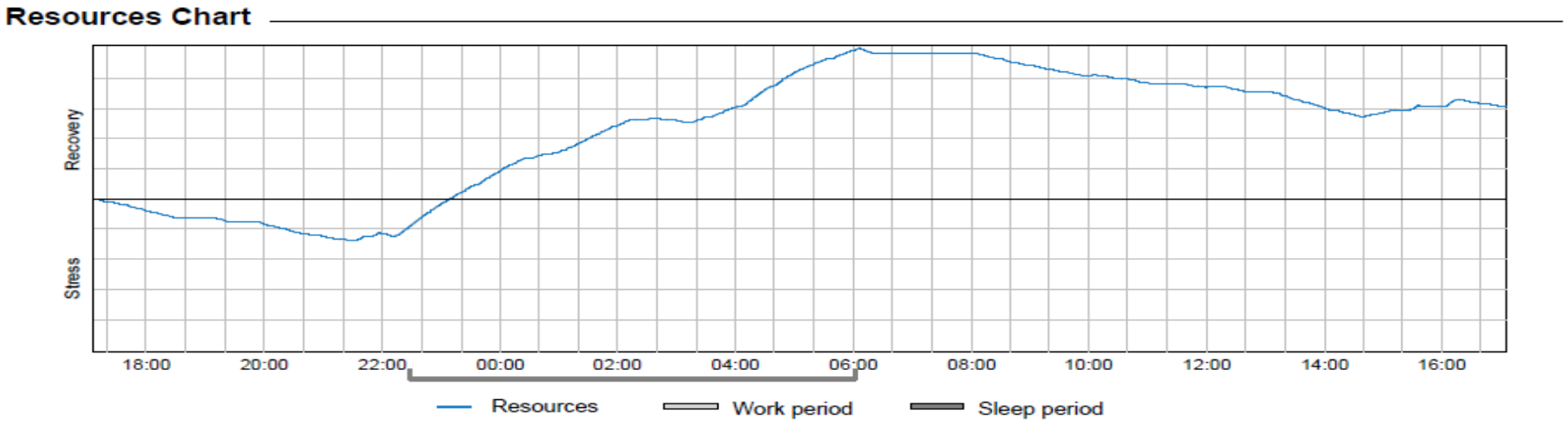
2 months later





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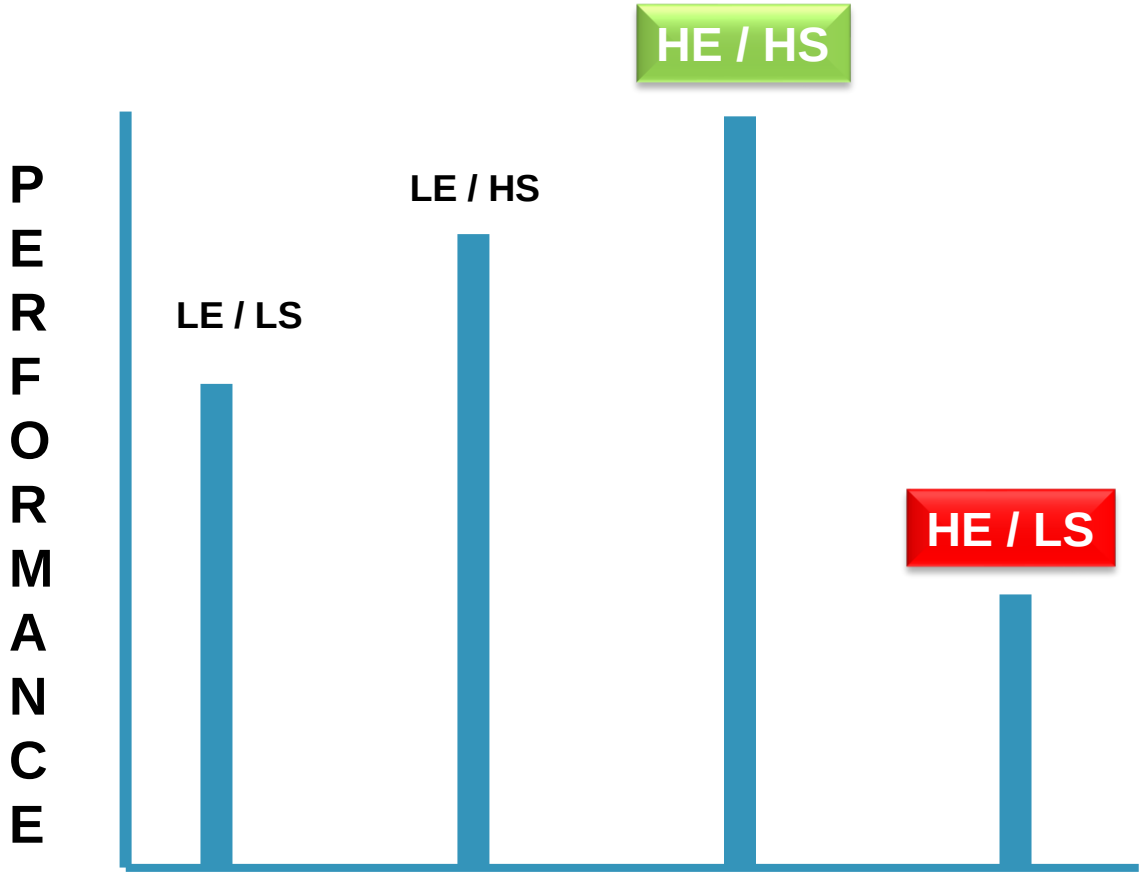
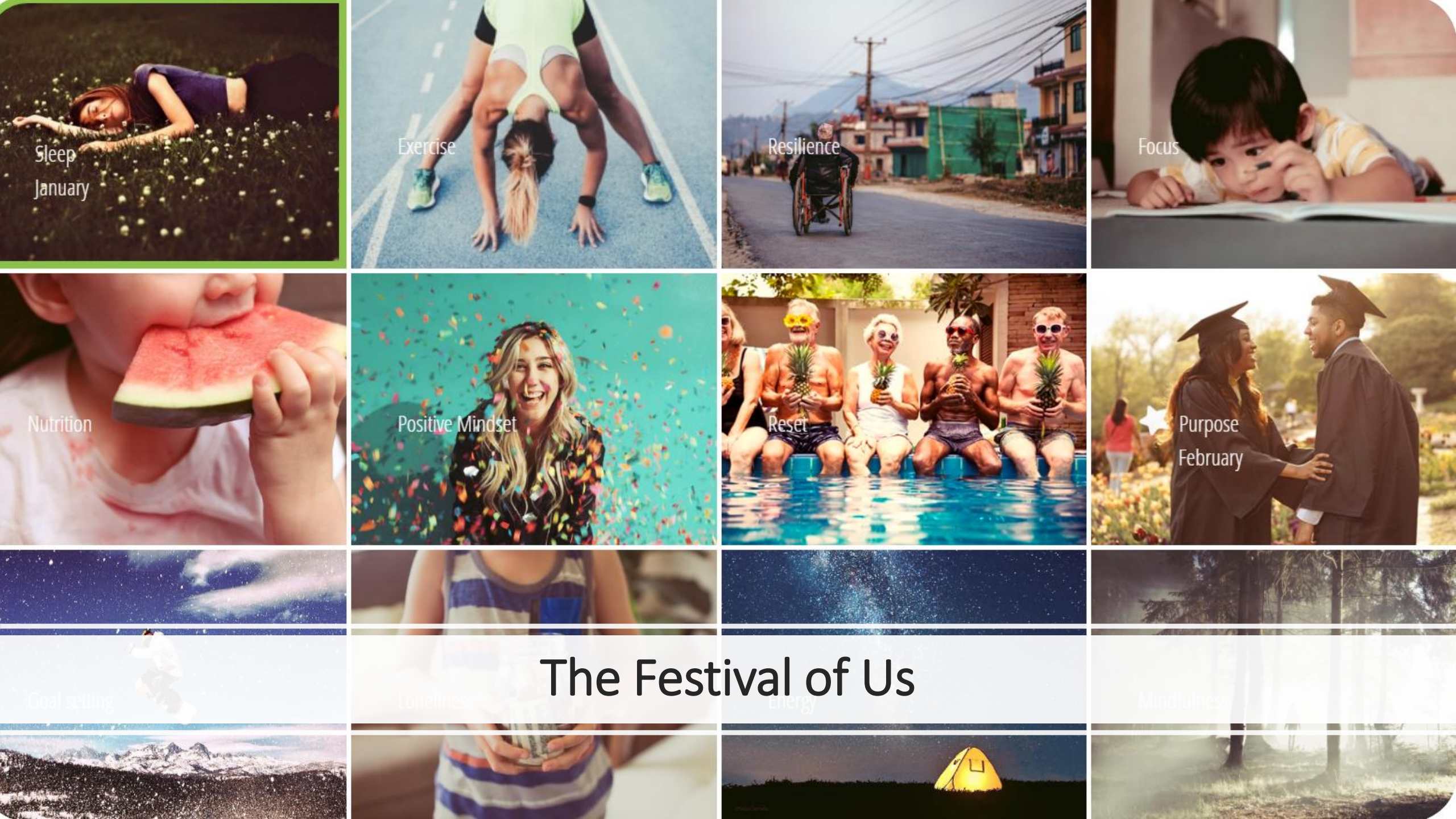
If expectation is high……



David Young



The Festival of Us

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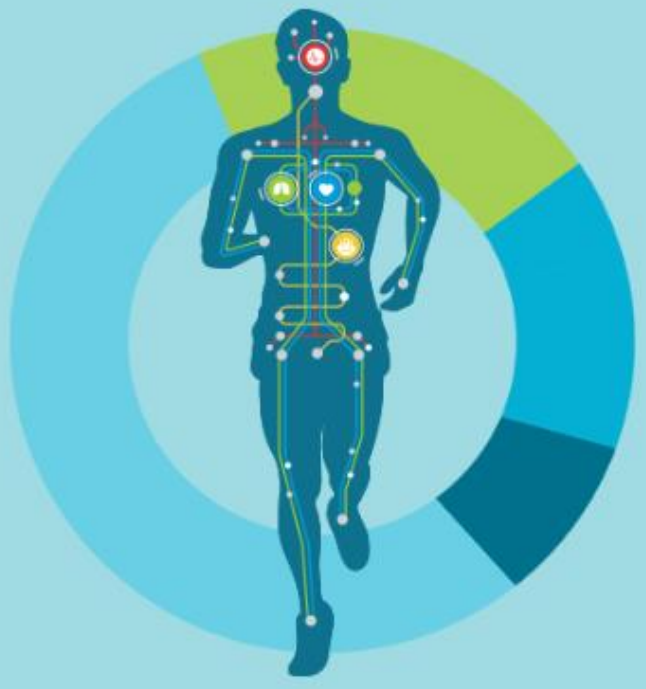
Inspiring Hertfordshire Awards 2020 FINALIST
Best use of Technology



Thank You

simonshepard@optima-life.com

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People
Potential
Performance