

“The culture of self care is set by what the leader demonstrates permission for.”

– Pollyanna Lenkic



POLLYANNA LENKIC

EMPOWERING PEOPLE PERFORMANCE

There's what you say as a leader and what you do.

Burnout, stress and fatigue cost businesses \$14.81 billion a year according to research done by Medibank (<http://ow.ly/G2pA30oAbMb>) and more importantly, the cost on the lives of the people we lead and care about are harder to recoup.

What do your leadership behaviours give permission for?

It can feel hard and sometimes impossible to make positive changes to the cultures that we are working in, and it's good to remember we are part of the culture.

Pollyanna