

Hard Work Got You Here, But It Won't Get You There

GUEST SPEAKER
Dave Nyss



RealLearning

Rethinking Stress – The Higher Achiever's Blindspot

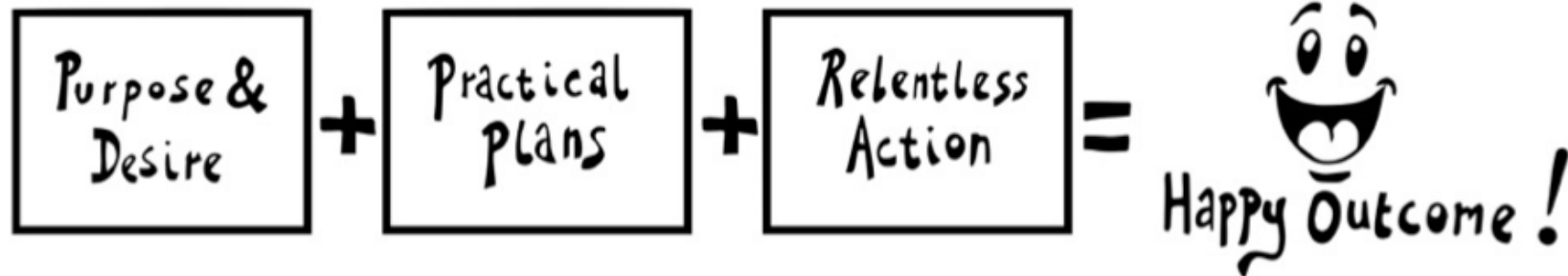
THRIVE - The Hidden Secret of Effortless Performance

***“Hard Work Got You Here,
It Won’t Get You There!”***

Traditional : Work Hard Ethos

(No longer viable in world where disruptive change and uncertainty are the currency of business innovation)

How To Achieve Big Dreams

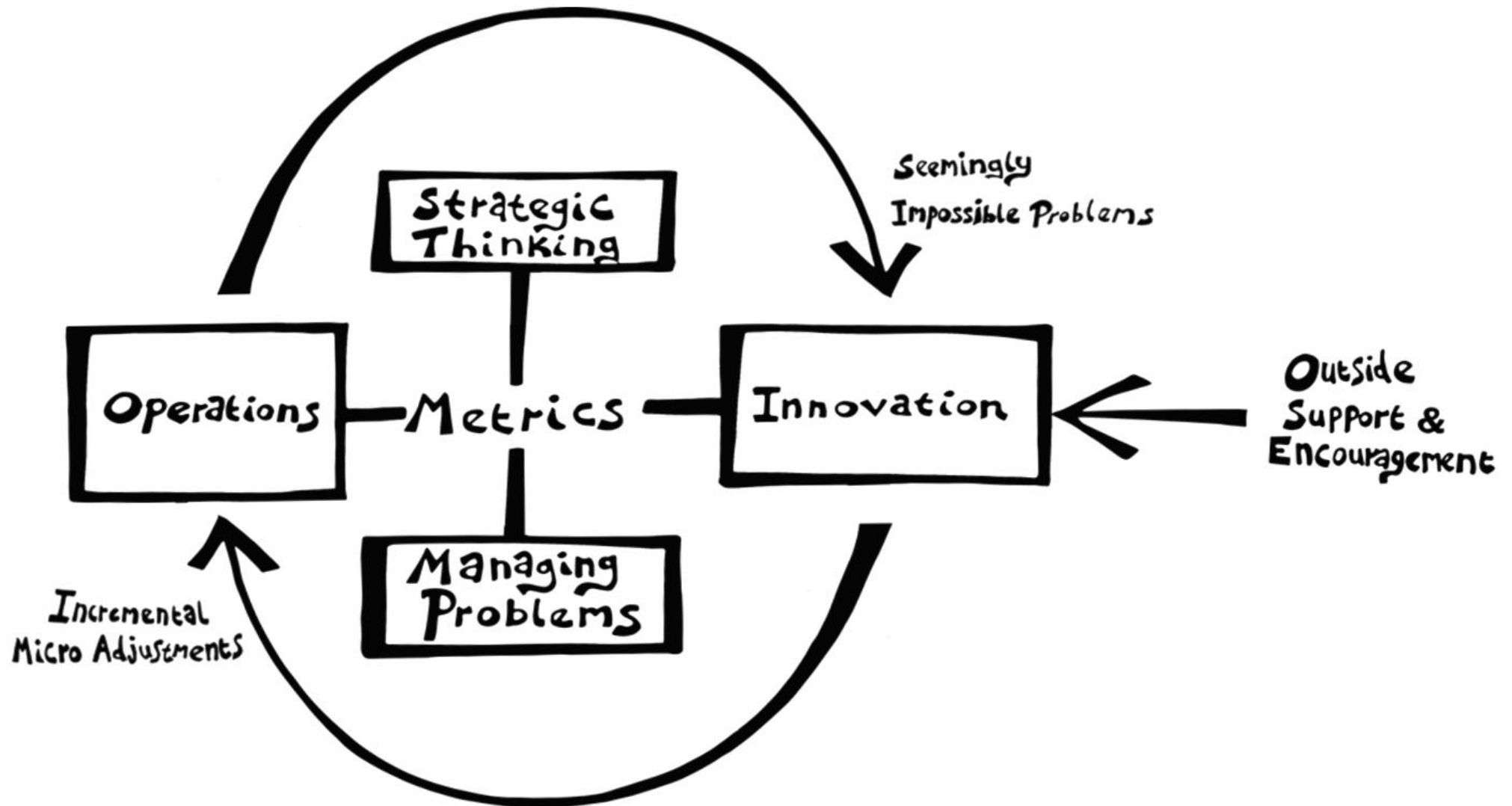


Momentum Support System



New Patterns – Continuous Change?

(How can we create resilience in the way we structure our Business?)



How Do We Plan When Its All Unknown?

(Strategic thrive impossible outcome planning - identify: Start, End and Roadblocks)



Compelling Vision + Non-Resistance => Desired Outcome



New Metrics – Business More Than Money



The Hidden Cost of Normalised Stress

Let's talk about what happens when stress becomes normal.





Stress is Widespread.

But Its Impact is Deeply Personal.

- ***91% of executives say stress affects the quality of their decisions***
- ***77% of leaders report feeling burnout at least once in their careers***
- ***1 in 2 say they feel pressure to hide their stress to appear strong***

(Sources: Deloitte, Harvard Business Review, Mental Health Foundation UK)

Stress is Widespread.

But Its Impact is Deeply Personal.

Cost of pushing through?

- ***You lose your edge, that calm, intuitive state where you think clearly***
- ***Instead, you start overthinking your instincts.***
- ***Avoiding the conversations that would move everything forward.***
- ***And the days? they start getting longer, no real progress***

Critical question:

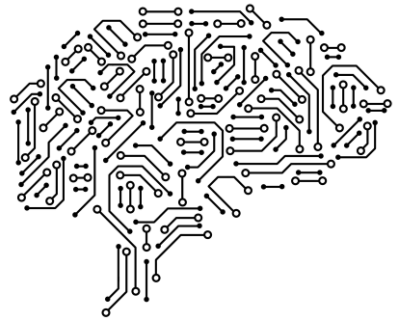


“Could we eradicate stress from business?”



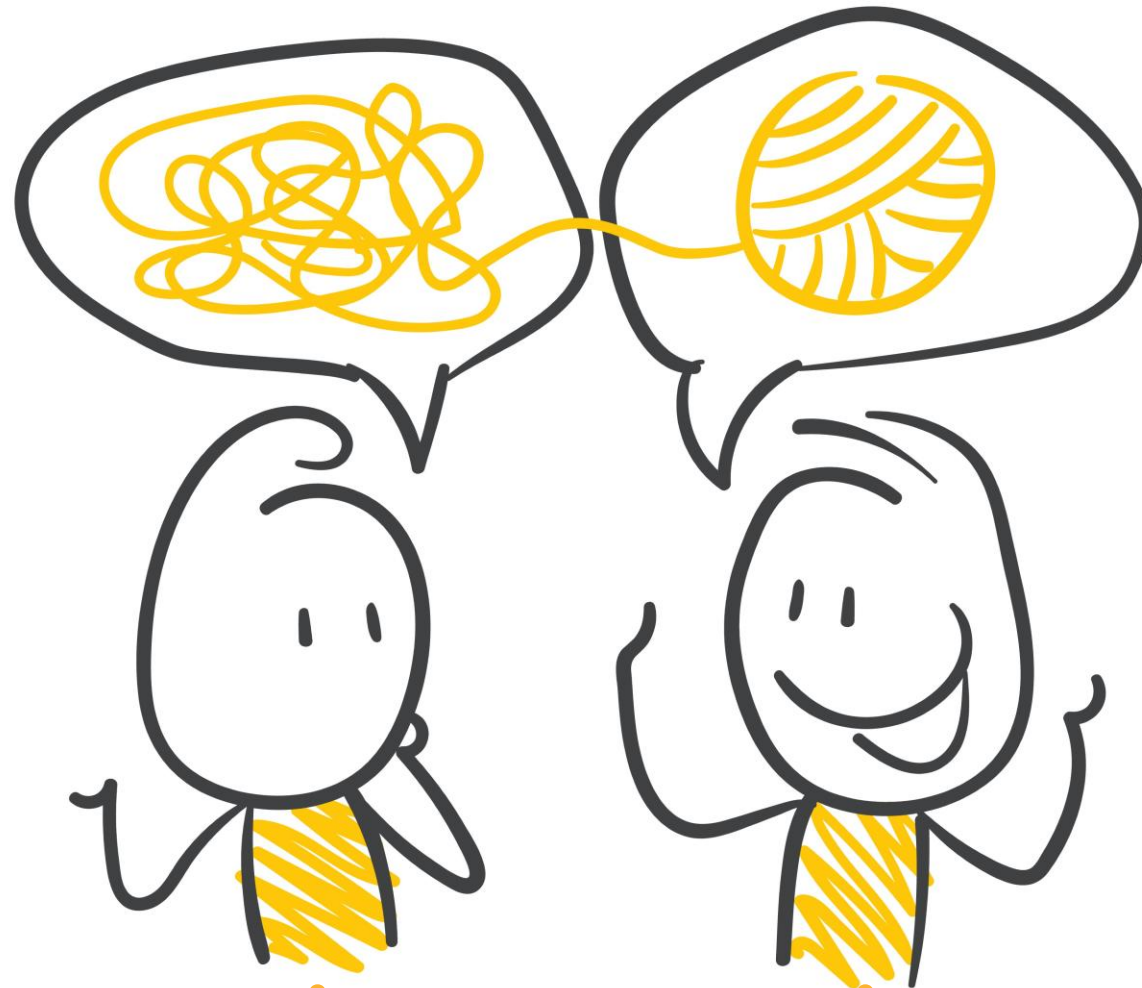
What's root cause "Negative Stress"?

One Person – Two Minds!



Subconscious
mind

“beliefs, stories, definitions,
habits shaped by experience,
family and your passions”



Actions

Talking

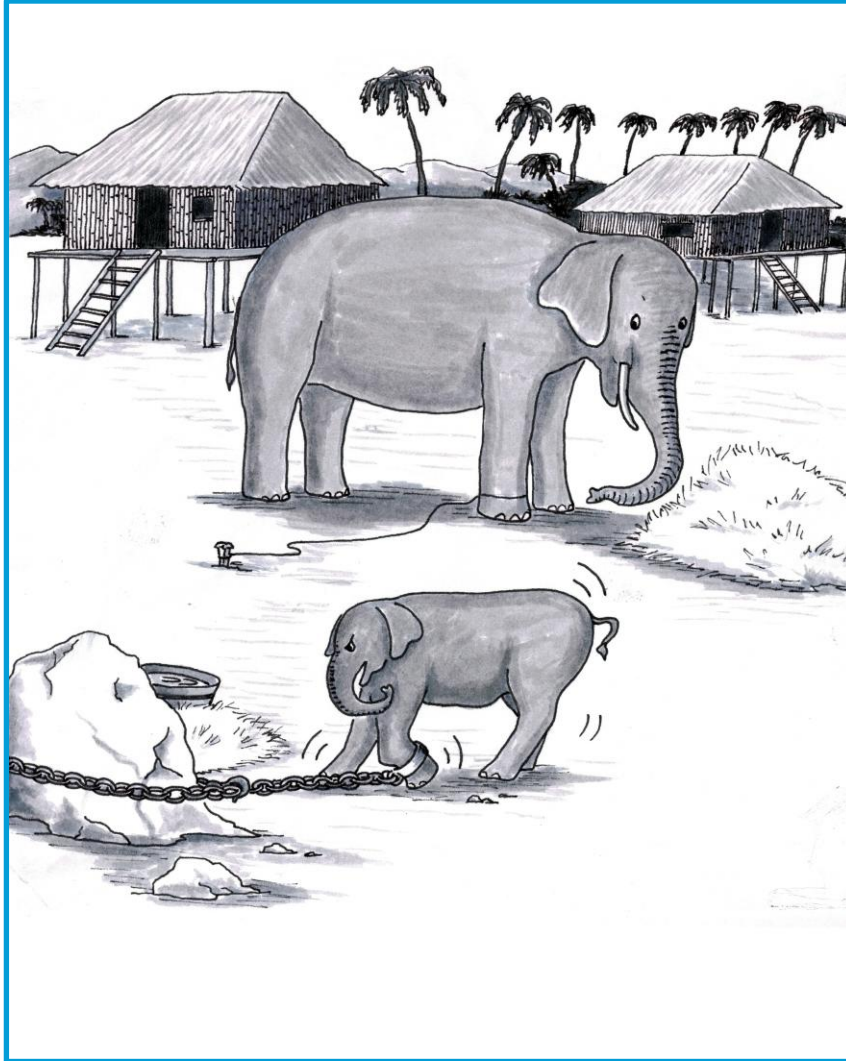


Intellectual
mind

“Books, conversations and
things that fascinate you,
knowledge, opinions, facts”



Example – Limiting Beliefs

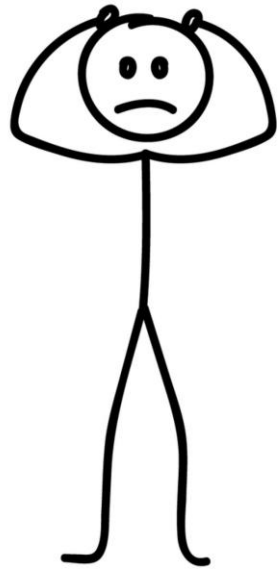


A limiting belief is an idea or story about the way the world works that you think is the absolute truth and stops you from doing certain things.

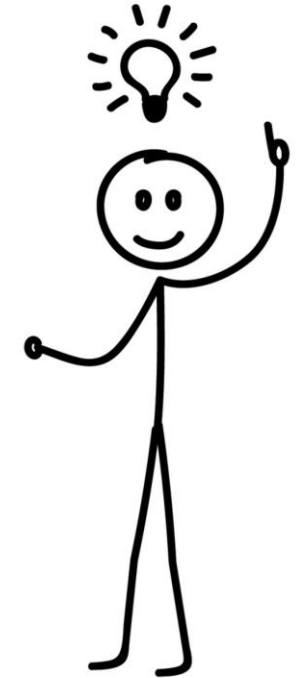
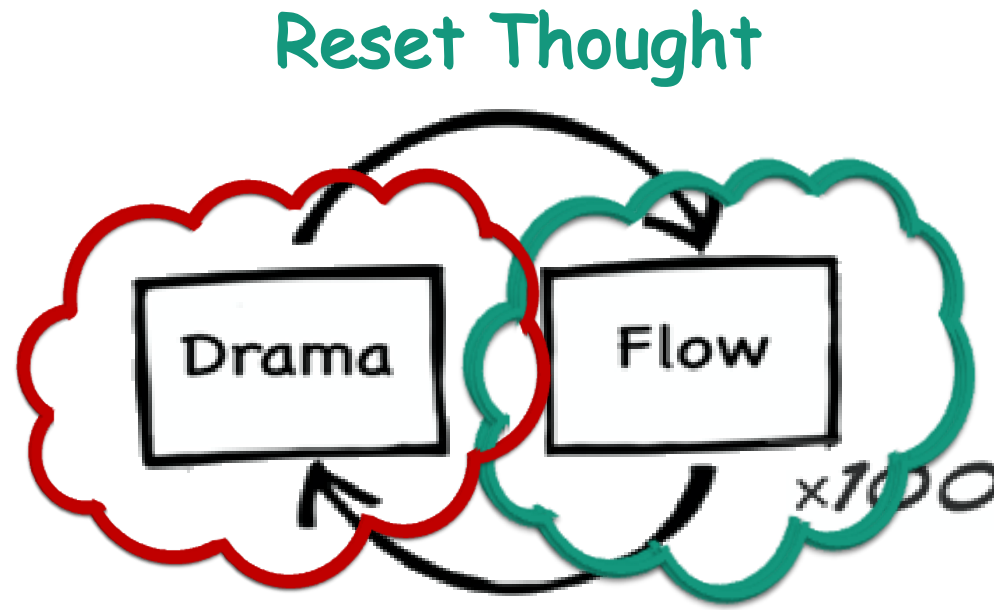
They are difficult to isolate, **more a Blindspot**, although we can always feel their presence



Beliefs Cause Negative Stress Cycle



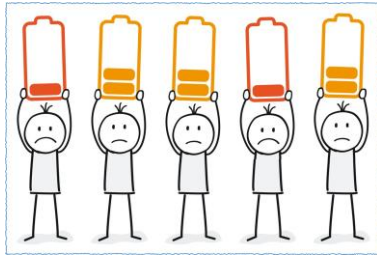
Not Me
(survival state)



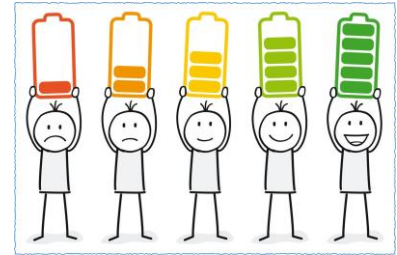
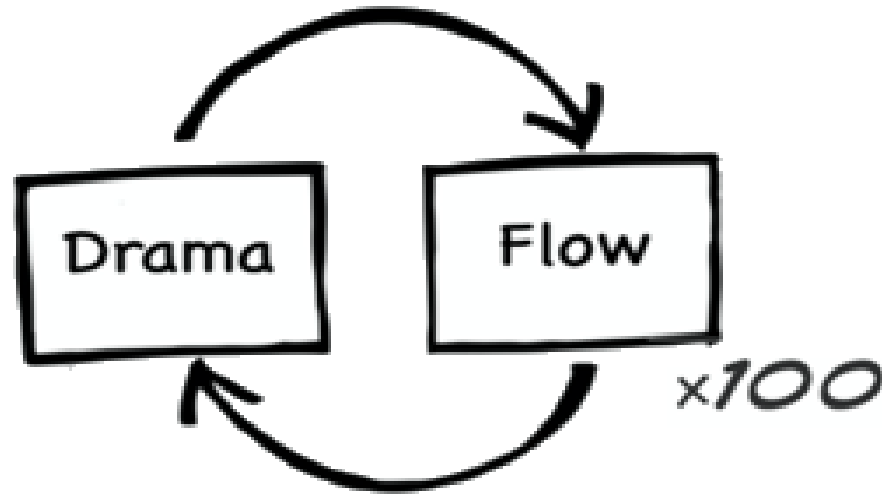
Brilliant Me
(thrive state)



Negative Stress Cycle



Feeling Stressed
(Self-doubt/anxiety,
overthinking, resenting
problems, feel tired
all the time)

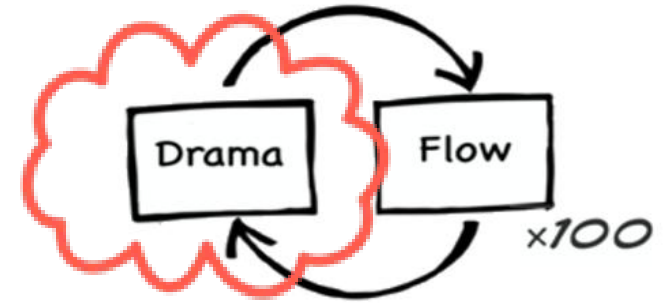
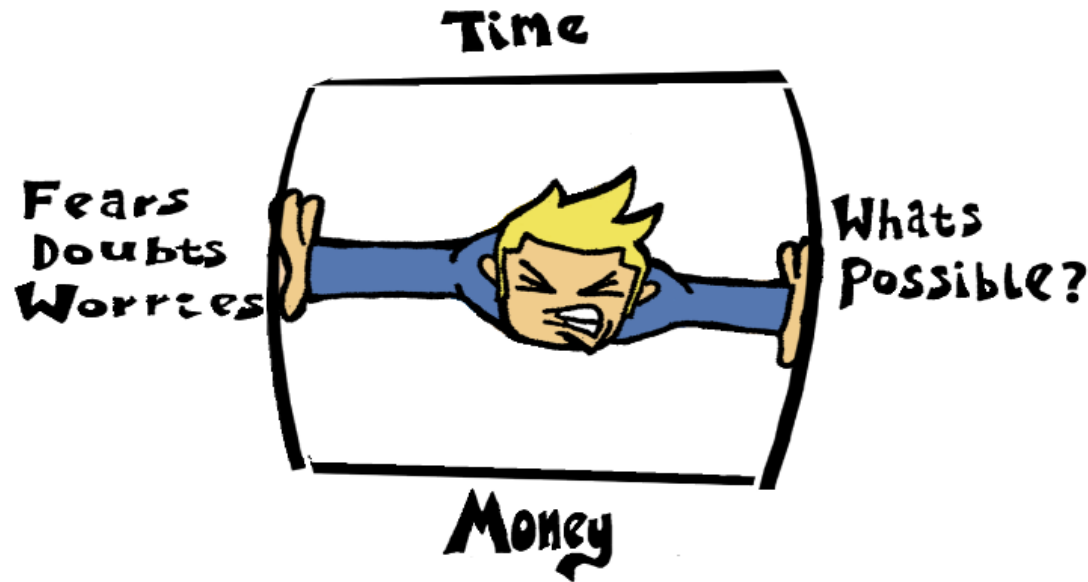


Feeling Confident
(have clarity, certainty,
bold action seems easy, problems
inspire me,
work is a joy)

When we feel stressed, we aim for SAFETY not success



Drama - “Safety First Mindset”



- We feel so stressed, our imagination gets restricted to negative
- We crave freedom, change makes us anxious - we are stuck!
- So, we keep repeating what we know doesn't work!

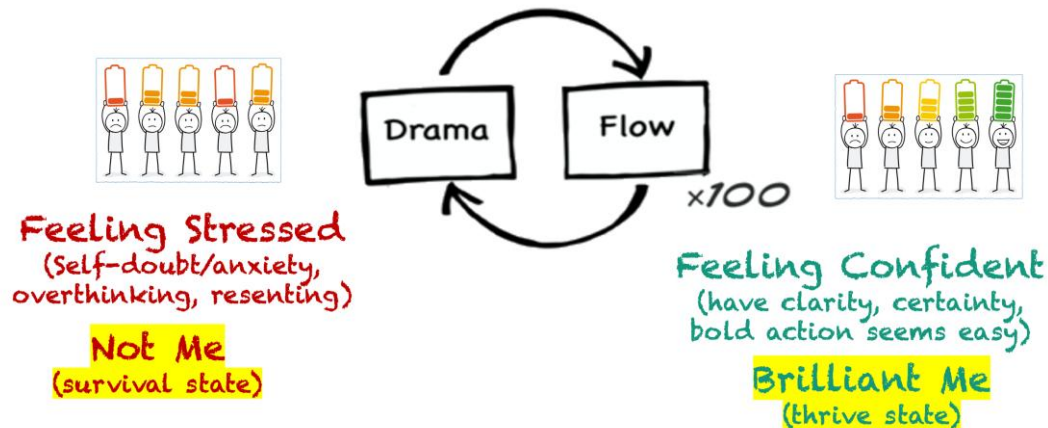


Recap – Thoughts Cause Stress

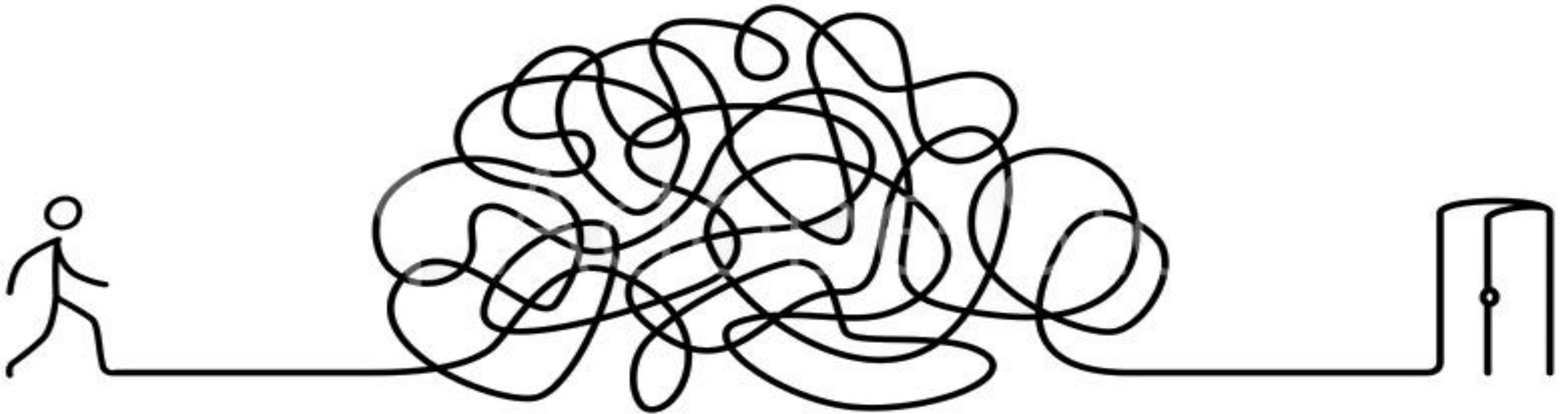
(Mindset is 100% responsible for the experience we are feeling)

Be aware that:

- Thoughts create a “Reality-Bubble” - empowering YOU or limiting YOU!
- Your emotional state “restricts” the range of thoughts available to you; avoid “*busy rush-energy*”, be more in “*flow energy*”
- Being able to reset your energy state is a critical skill (become grounded and heart-aligned)



Stress is a Messy Mindset Problem



There are no real obstacles, it is only our mindset that creates the emotions (stress) that make success feel harder than it really is.



Confused Vision + Unhelpful Thoughts => Unwanted Outcome

Trigger Thought – Resets Stress



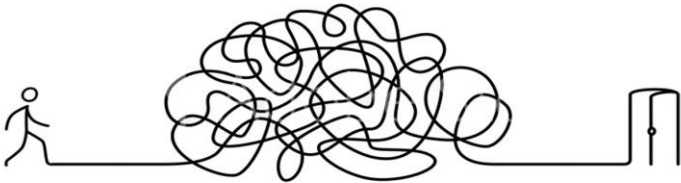
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Compelling Vision + Non-Resistance => Desired Outcome

Feeling Stressed Slows Success

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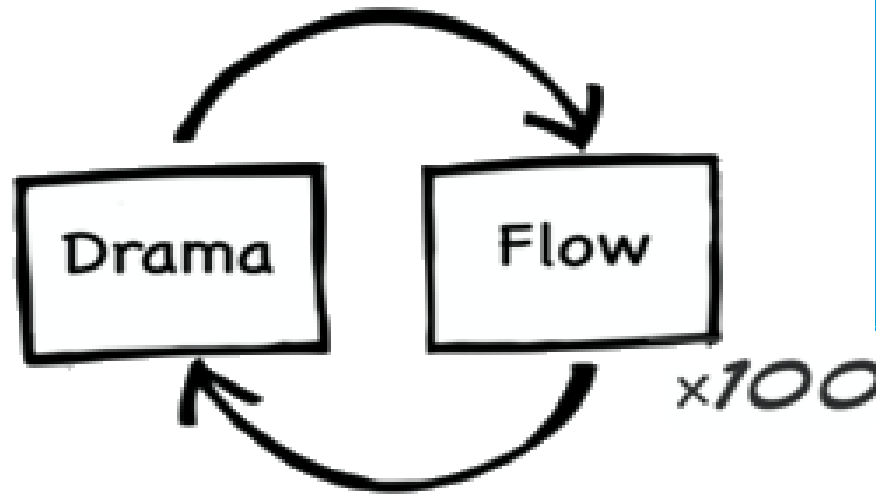
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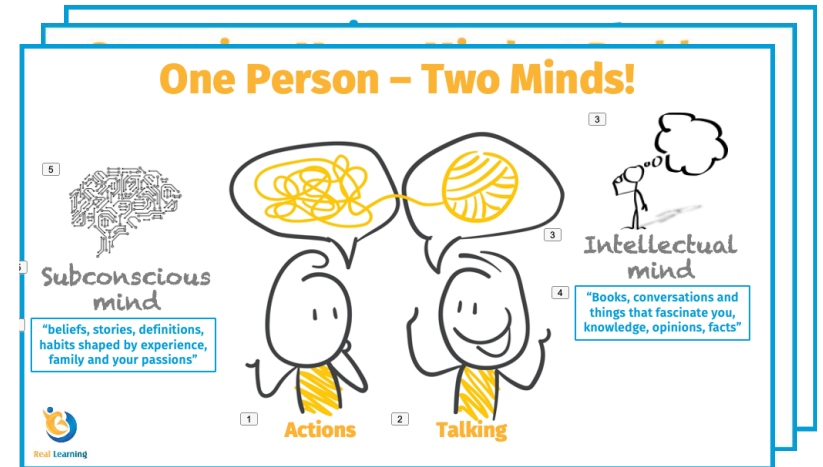


Always Thrive Formulae

“Winning is not the game, learning how to adapt your mindset to eliminate stress becomes your core business strategy.”

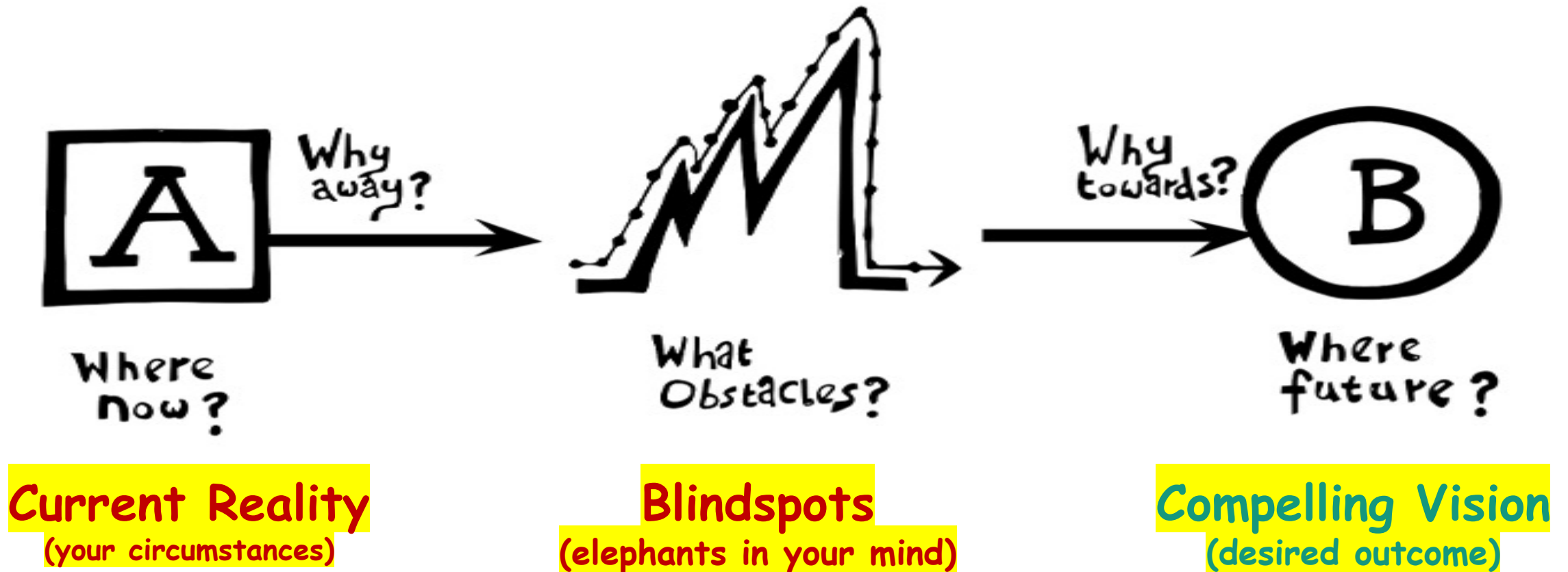
Simple 3 step Always Thrive Formulae:

1. Be aware Drama or Flow
2. Shift energy, reset
3. Re-code your limitations, be the prize for money



Recode: Name the Elephants -> Clarity

(Strategic thrive impossible outcome planning - identify: Start, End and Blindspots)



Compelling Vision + Non-Resistance => Desired Outcome



The Simple Truth About Stress

This is the difference - the secret that lets high-performing business owners build wealth and exit without burnout.

1. Stress isn't the enemy. It's a message, unspoken mindset beliefs (Blindspots) are blocking the bold moves your next level needs.
2. Pause. Reset. Slow down. Realign the beliefs in your messy mindset, stress disappears. That's how success becomes effortless, not exhausting.
3. And when success is no longer a struggle, switching off is easier – you're fully present: at work, at home, or simply enjoying life with people you love. That's the simple truth to avoiding burnout and being super productive.

