

Applying the Ironman mindset at work

Novavi
focused renewal

THEMES

- ▶ KATA - Form
- ▶ WIN – Focus
- ▶ GRIT - Fortitude
- ▶ KAIZEN
- ▶ IKIGAI





Gareth Holebrook

- ▶ A seasoned technology product development professional. He coaches teams using agile & lean techniques, while also using systems thinking approaches to organisational design.
- ▶ Gareth has practiced product development and project management for over 15 years prior to becoming an agile/lean consultant and coach in the last decade.
- ▶ Gareth is also a veteran NZ representative triathlete over 20 ultra distance races. He brings the mindset of an endurance athlete to high-performance business work.
- ▶ <https://www.linkedin.com/in/garethholebrook/>

IRON WHAT?



IRONMAN®

SWIM	3.8km
BIKE	180km
RUN	42.2km



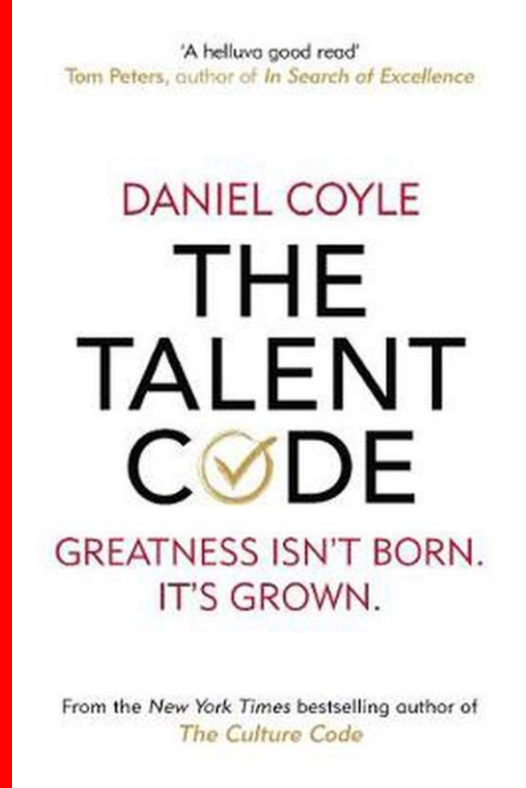
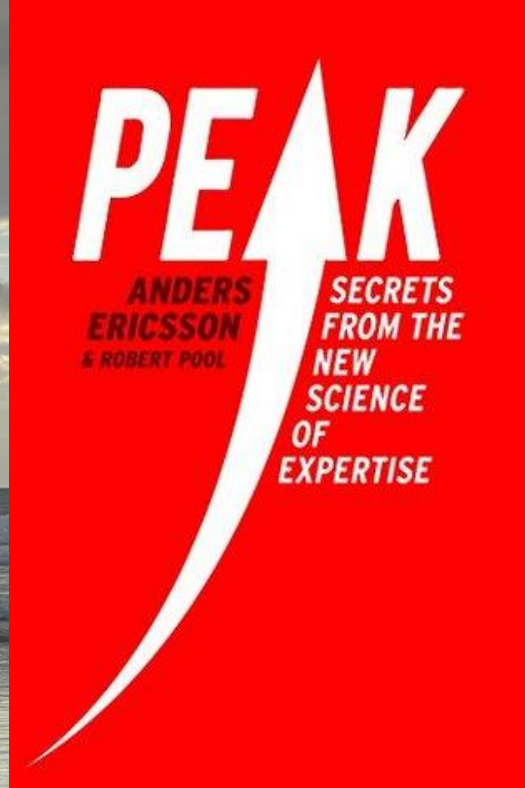
KATA

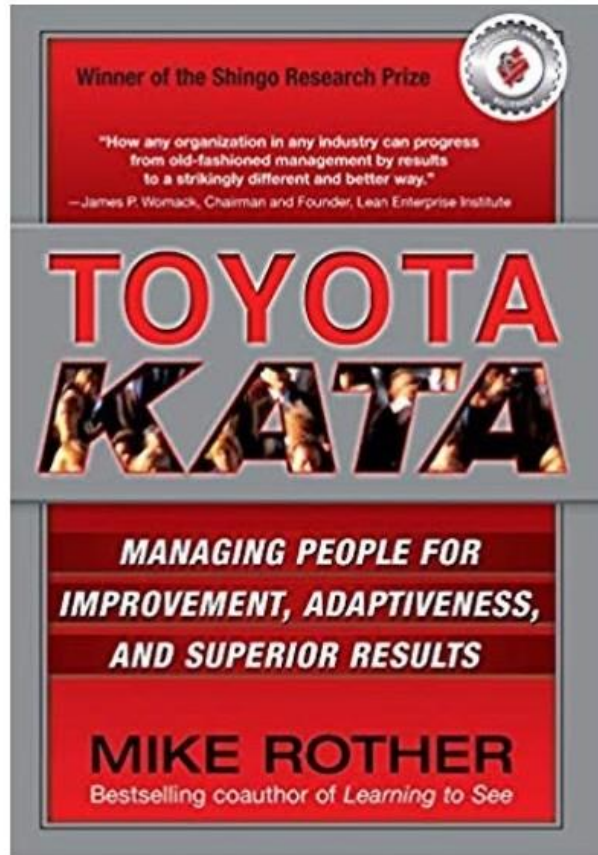
Don't practice until
you get it right.



Practice until you
CANNOT get it
wrong

George W. Loomis



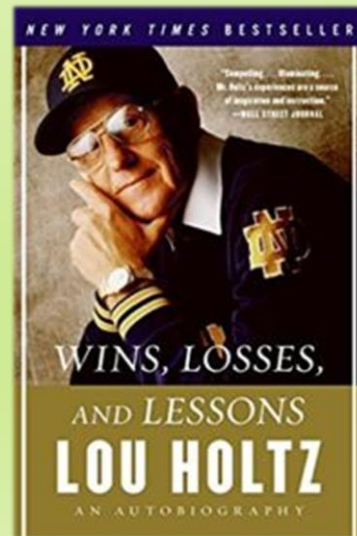


The Five Questions:

- What is the Target Condition?
- What is the Actual Condition now?
- What Obstacles might prevent you?
- What is your next step, (next PDSA)?
- Where can we go to see what we have learned?

WIN:

What's
Important
Now?





Normann Stadler 2005
Or
Chrissie Wellington 2007

CAN'T HURT ME:
MASTER YOUR MIND
AND DEFY THE ODDS



GRIT:
What would Goggins do?



"Psychologists have spent decades searching for the secret of success, but Duckworth is the one who found it."
—DANIEL GILBERT, author of *Stumbling on Happiness*

ANGELA
DUCKWORTH

GRIT

THE POWER of PASSION
and PERSEVERANCE

THE #1 NEW YORK TIMES BESTSELLER



CONSISTENCY

OVER

INTENSITY

Kaizen



lots of smaller changes

Kaikaku



big change

Kakushin

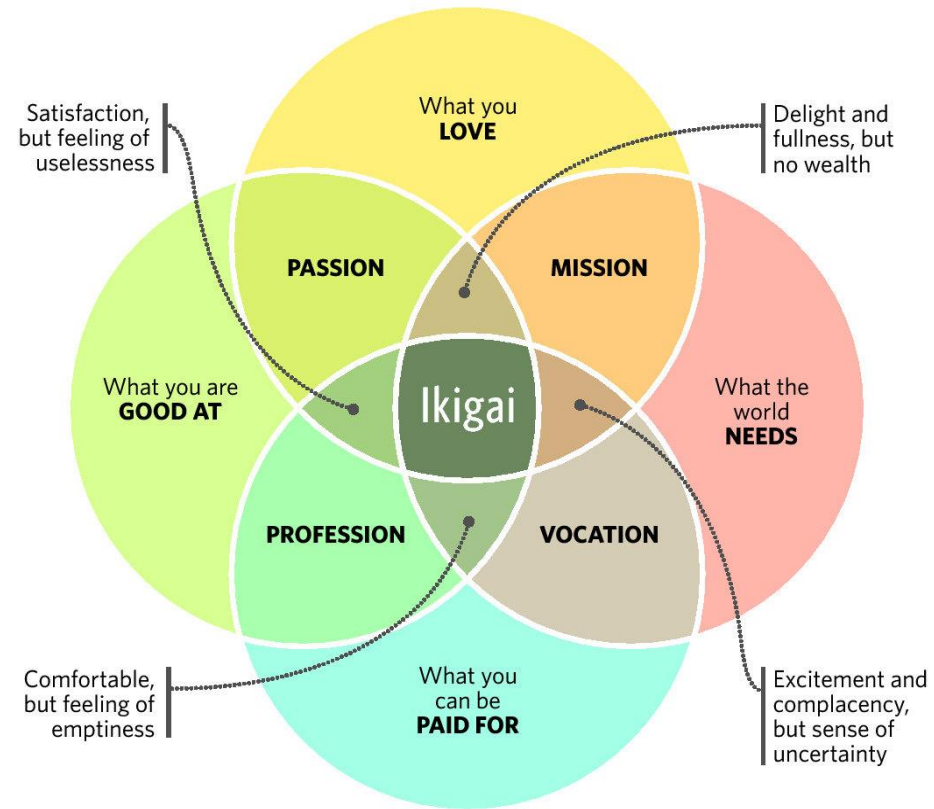


something new!!!



IKIGAI

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



SUMMARY – TO TAKE AWAY

- ▶ Deliberate Practice with Consistency
- ▶ Continual Improvement of oneself
- ▶ Find a passion and attach it to a mission
- ▶ Be resilient with Focus on Goals

THANK YOU



@garethholebrook



@garethholebrook



@gareth_holebrook_ironman



@holebrooktri

