



Unlock your performance and have
the energy to deliver your ambitions

Report prepared for:

David Pelmer

05 May 2021



Thank you for completing the Pace indicator

The purpose of the Pace Indicator is to provide you with insight into specific areas of your life and how you are operating against your Natural Pace today:

1. Your natural pace
2. Your current behaviour at work
3. Your current behaviour in your leisure life
4. Your current exercise style / behaviour
5. Your current nutritional habits / behaviour

Pace Concept

Pace is defined as the rate at which we operate as individuals when we are left at complete choice. Our Natural Pace is the rate at which we approach activity, focus, and communicate when all perceived external pressures are removed. We all sit on a scale between 0% - 100% Fast Paced (or 100% - 0% Slow Paced).

Understanding our most Natural Pace allows us to identify how we can work at our most efficient, clear and productive rate. Understanding the Pace of those around us also helps identify how to adapt our approach to collaborate most effectively with others and work in the most sustainable, healthy way.

Due to external pressures we often adapt our Pace at work, at home (our leisure life) and in our fitness lives to accommodate what is going on around us. Functioning at a Pace outside our Natural Pace for an extended period of time can lead to 'burn-out' that may manifest in different forms.

Enjoy reading more about what your Pace is doing today and how you can utilise this awareness to create more energy, sustainability and improve performance across all areas of your life.