

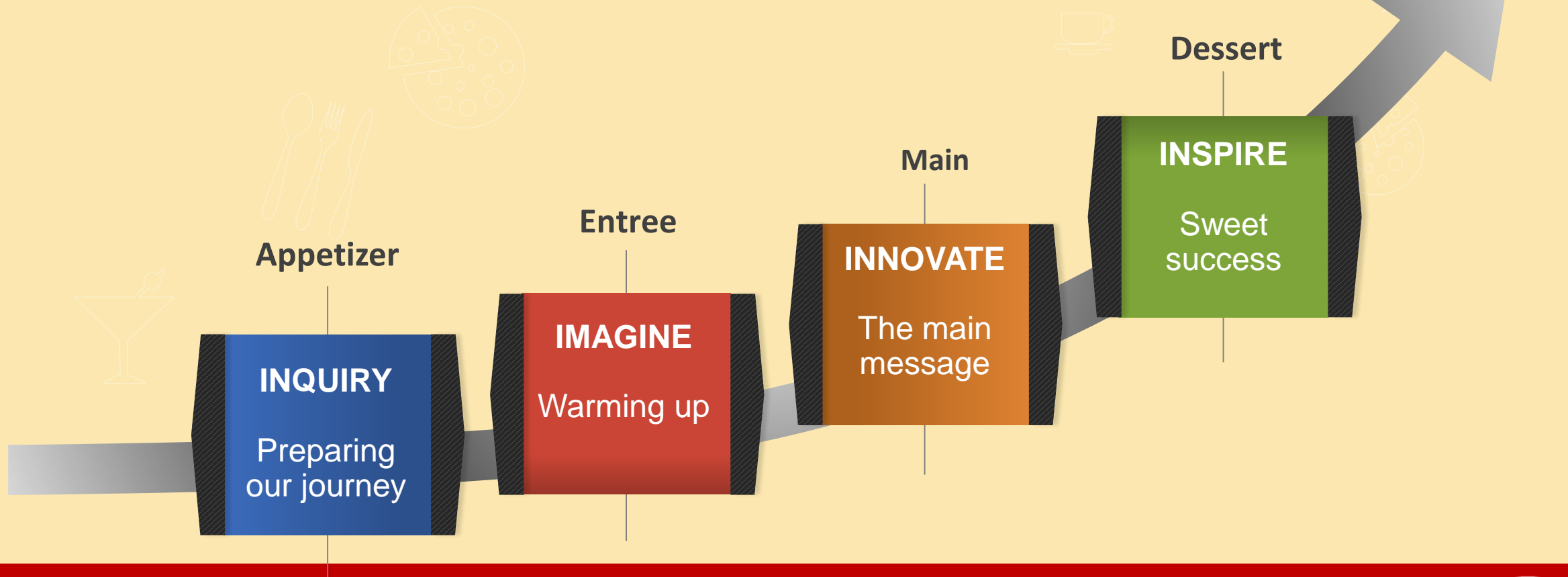
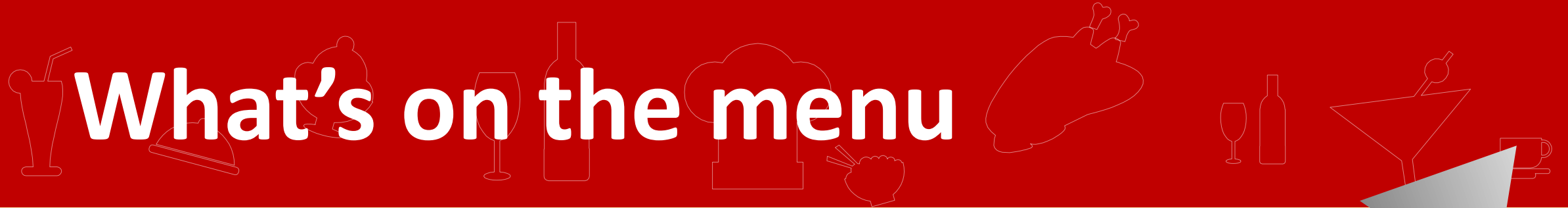


# What's Cookin'



A recipe for success in your role and your life

# What's on the menu





marktheChef



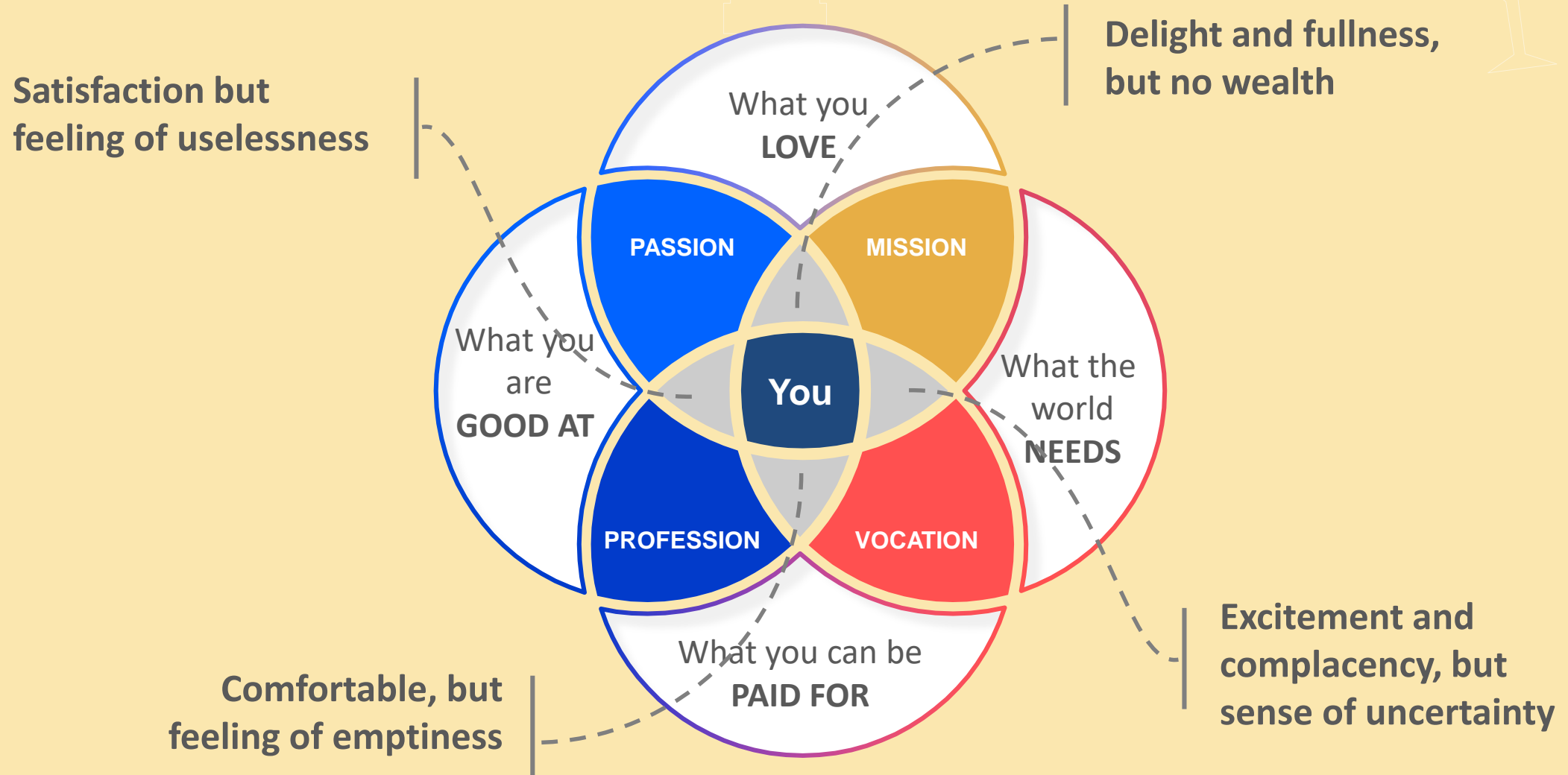
# What's holding you back



You are the driver, you are the chef

Take control of your life and role

# What's your core



# 7 Ingredients

● for an Extraordinary Life ●



Body



Mind



Family



Social



Work



Stuff



Giving Back



Relationships



Character



"YOUR **FUTURE** IS CREATED BY WHAT  
YOU DO **NOT** { **TODAY** }  
NOT TOMORROW"

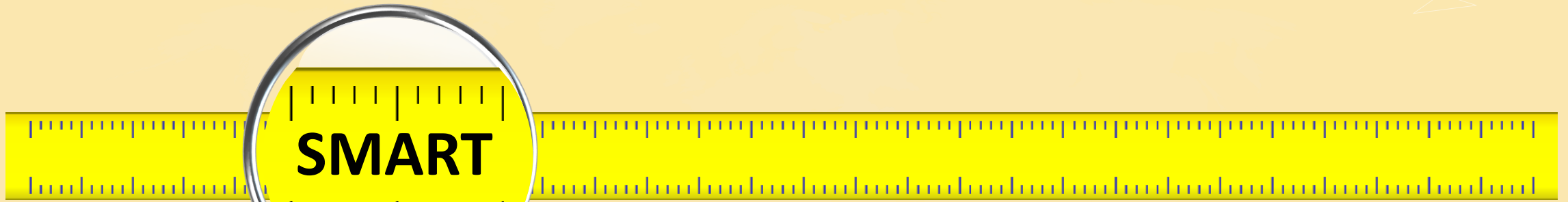
Endeavour



Creativity  
Innovation



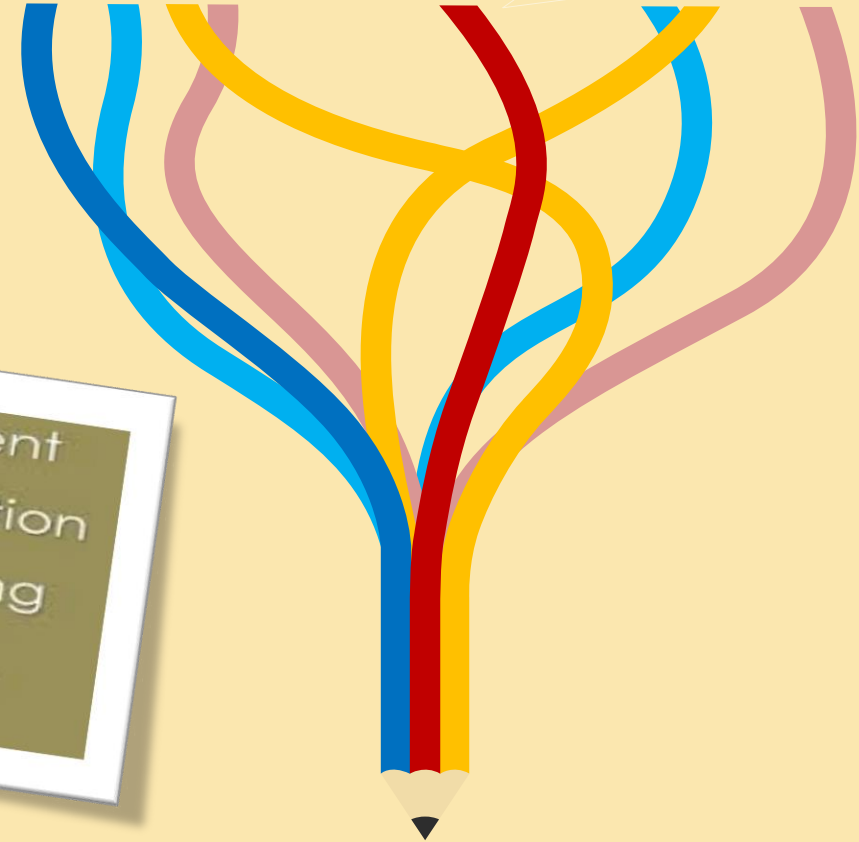
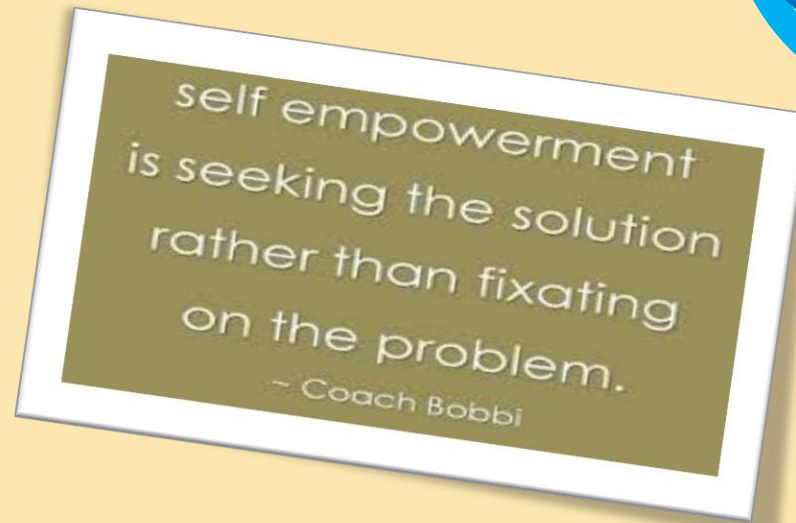
# What's your current position



Knowing the NOW and planning the FUTURE

S	M	A	R	T	A
Specific	Measurable	Attainable	Relevant	Time-Bound	Agreed
					

# Talkin' Goals .... What about your roles





# Talkin' Goals .... What about your roles

**WHAT YOU  
Know**



Tacit and explicit  
knowledge

Knows strategic  
Principles

**KNOWLEDGE**

Leading and  
managing  
experiences



Role and responsibility

**EXPERIENCE**

**WHAT YOU  
HAVE DONE**

**WHAT YOU  
CAN DO**

**COMPETENCIES**

Meet and exceed  
expectations



Raising  
the bar

**PERSONAL  
ATTRIBUTES**

Skills and abilities

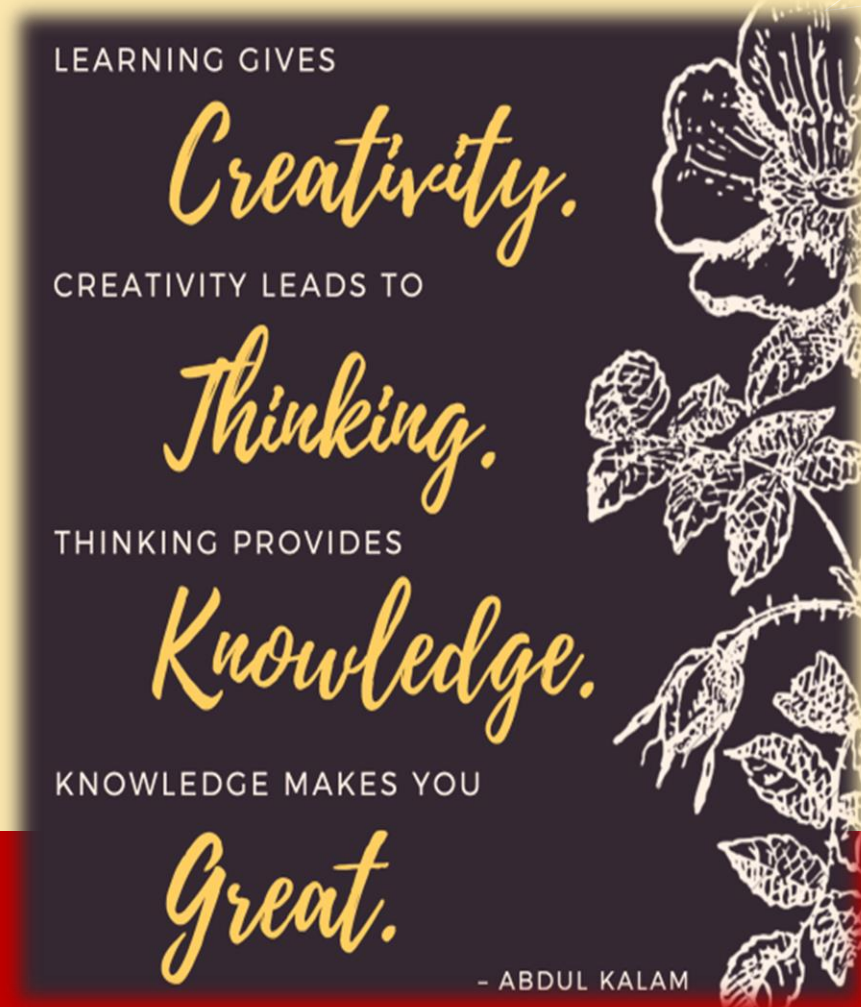
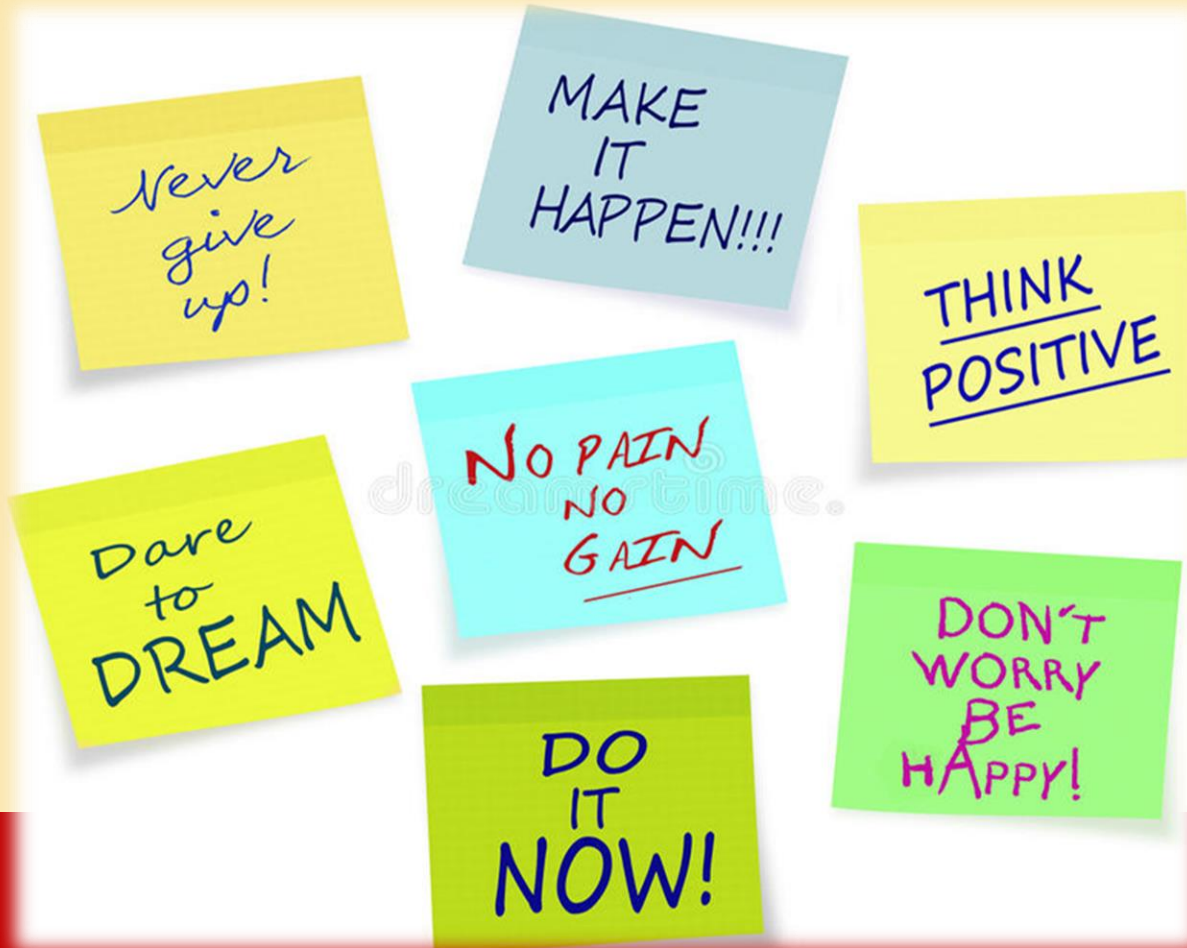
Continuous  
learning



**WHO YOU  
ARE**



# The secret ingredient is your 'FOCUS'



## Appetiser

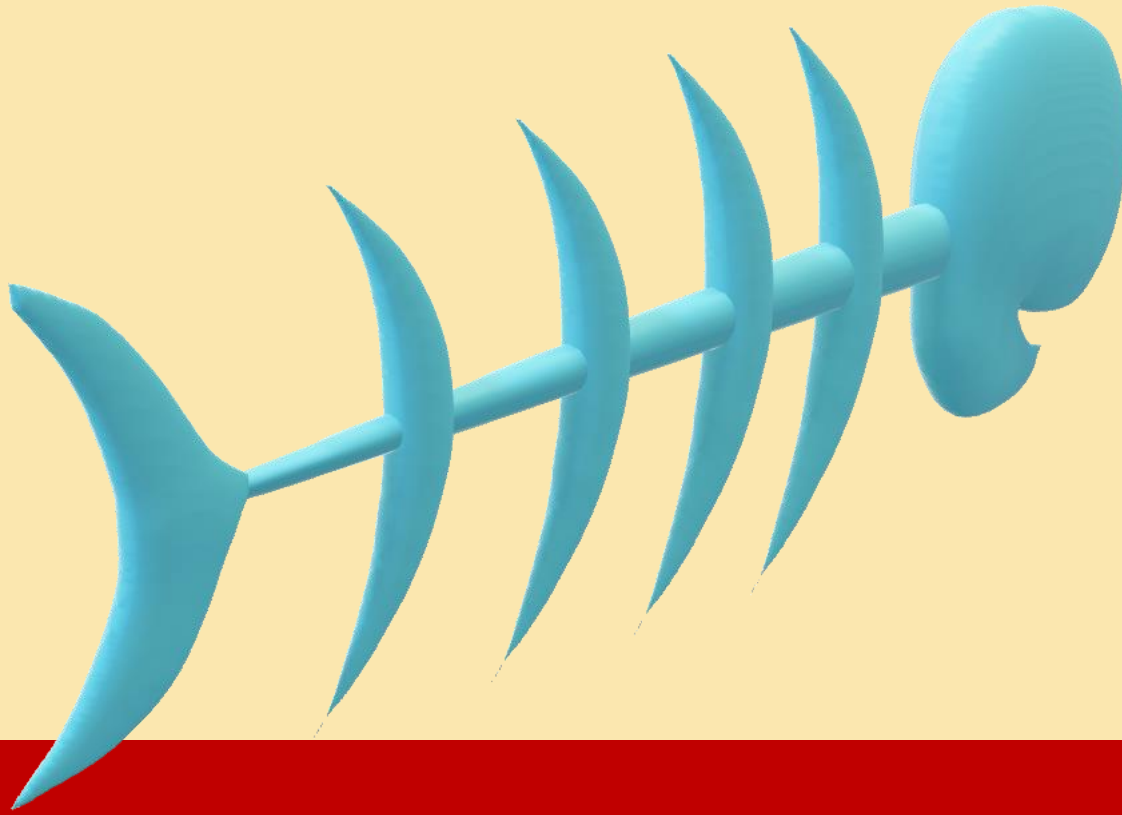
### Sausage Rolls

Sausage Mince	500gms
Puff Pastry	3 sheets
Onion	1
Carrot (Grated)	2 small
Zucchini (Grated)	1 medium
** Tuscan Spice and the famous Tomato Sauce	
** Brush some milk on rolls before cooking	

Cook @ 180 degrees until golden



# The backbone of 'time management'



1/4

**PROACTIVE**

First two hours

2/4

**REACTIVE**

Second two hours

3/4

**ACTIVE**

Third two hours

4/4

**PREACTIVE**

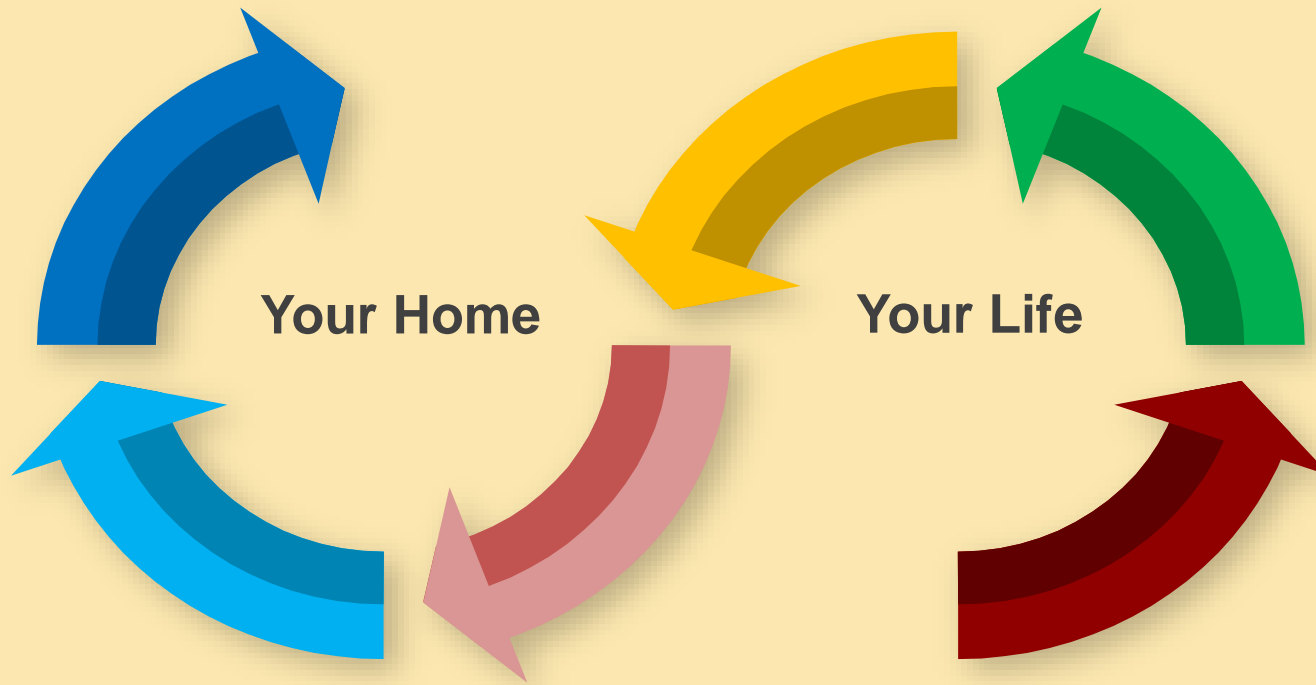
Last two hours



# What should your day look like?



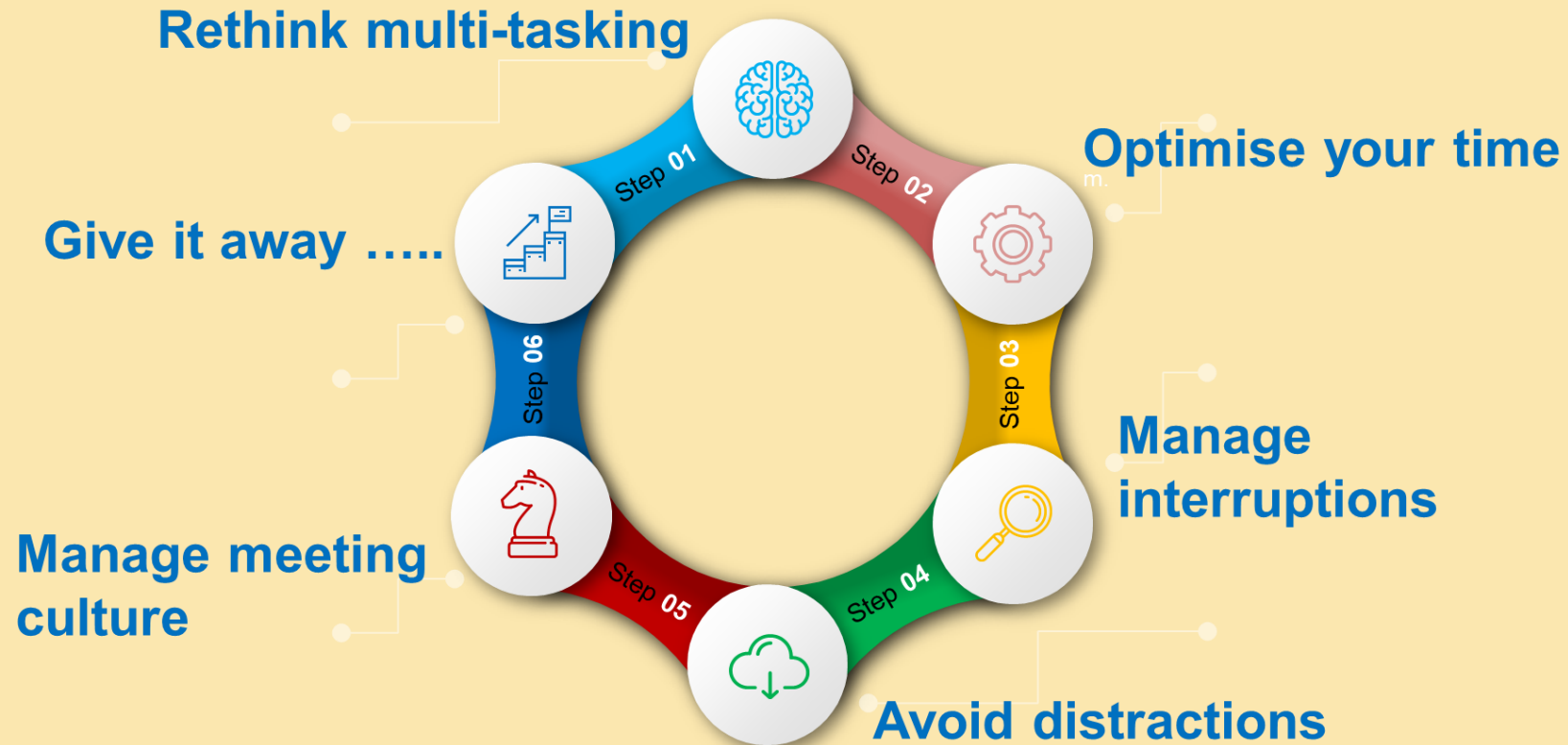
# It is time to 'declutter at work'



## 8 WAYS TO DECLUTTER YOUR MIND

1. ACCEPT WHAT IS
2. BE KIND TO YOURSELF
3. RELEASE YOUR GUILT AND FEARS
4. LET GO OF CONTROL
5. VISUALIZE WHAT'S IMPORTANT TO YOU
6. FOCUS ON YOUR LIFE-FORCE ENERGY
7. ALLOW YOURSELF TO BE VULNERABLE
8. FIND WHAT DOESN'T SERVE OR INTEREST YOU AND LET IT GO

# Ditch the guilt





# Getting it right is as simple in '8 steps'

1. Constantly creating and evolving your cognitive flexibility
2. Forming deep relationships with others
3. Facilitating relationships among other people
4. Sharing what you know, but not being responsible for others results
5. Giving freely of ideas and time
6. Surrounding yourself with 'achievers and doers'
7. Creating something special, and then continuing to improve it
8. People want your magic...not perfectionism



## Entree

### Chicken and Sweet Corn Soup

Chicken Thigh or Breast	300 gms
Chicken Stock	1 litre
Creamed Corn	2 cans
Onion	1
Carrot (Grated)	2 small
Sweet Potato (Grated)	1 medium
Celery	3 stalks

\*\* Spice with pepper and salt

Cook on medium low heat to simmer

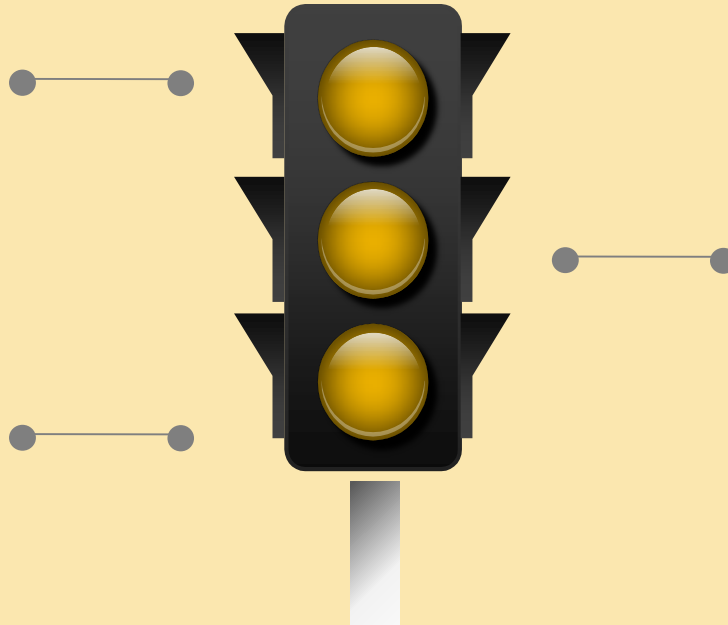
Once cooked, blend lightly – but not puree



# The Green light to success

No shortcuts to the road to success

Embedded in the organization culture



These are the non- negotiables

**Trust**

**Respect**

**Success**

**Resilience**

**Discipline**

**Mental fitness**

**Unity**

# The secret ingredients to success

## Effort counts twice

Talent x effort = skill

Skill x effort =  
achievement

## Passion

Interest + Purpose =  
Passion

## Culture

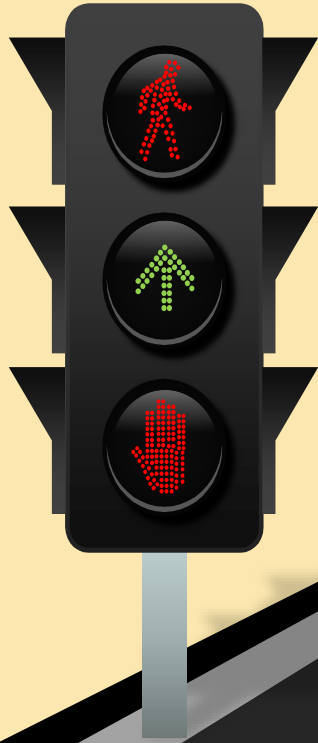
The norms and  
values shared by  
the group



Time + Effort =  
**SUCCESS**

# Focus on your skills and attributes

85 % of job success comes from having  
well-developed soft skills



## Main

### Egg Plant Snitzel

Eggplant	2 medium
Bread crumbs	1 cup
Parmesan Cheese	½ cup
Salt	
Egg	1

\*\* lightly salt slices of eggplant until beads of moisture rise, then pat dry. Add to beaten egg mix, dip in mix bread crumbs and parmesan cheese.

Cook on medium low heat. Turn when brown



# Energise your day



Explode  
your  
highlight

02

01



Laser  
action  
your day

03



Reflect  
to adjust  
and  
improve

02







# Energise your life

- Giving yourself permission not to be perfect in every area
- Rewriting the rules of what you 'should' do
- Giving yourself space for pleasure in your life
- Accepting your true desires
- If you don't like something, change it. If you can't change it, change your attitude
- It is always the simple things that produces the marvellous

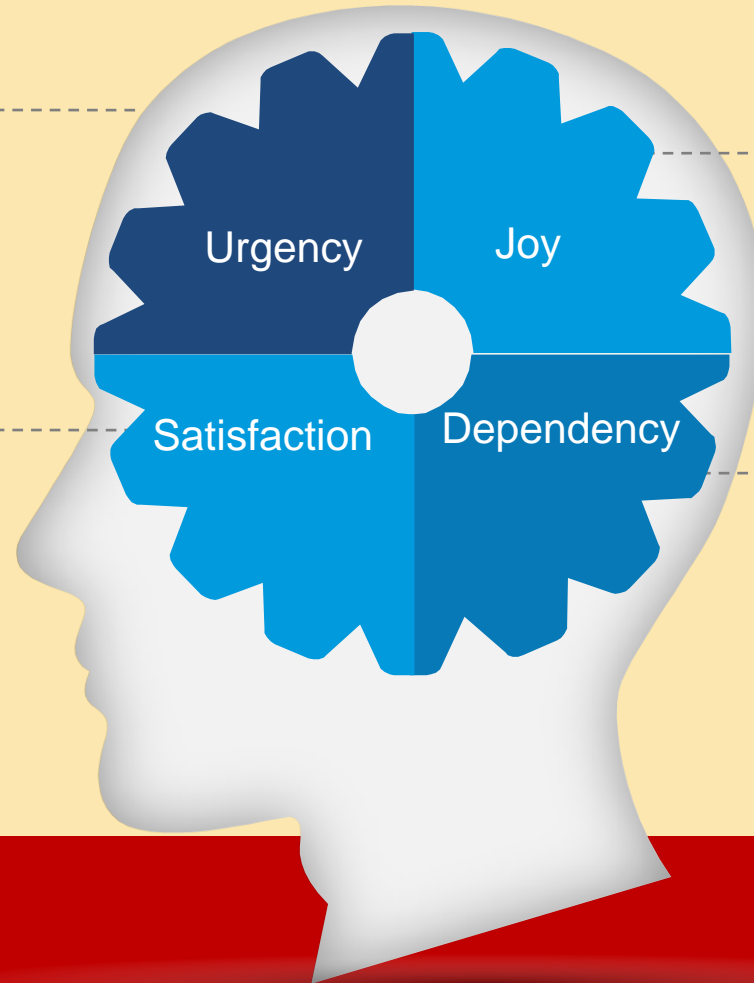
**YOUR ENERGY INTRODUCES  
YOU BEFORE YOU EVEN SPEAK.**



# Select the daily *HIGHLIGHT*

What is the most pressing thing I have to do today?

Which 'highlight' will bring me the most satisfaction



When I reflect on today, what will bring me the most joy?

The success of this 'part' is an enabler for success of the next 'part'

Exit the  
safe lane



- Choose *growth* instead of comfort



- Speak in *confidence* and risk making mistakes



- Believe I am here for a *purpose*



- Say NO to good things.
- Say YES to *GREAT* things

# A special message for your 'success recipe book'



THIS IS YOU ..... BE A SUCCESS

**"The only difference between success and failure is the ability to take action."**



**– Alexandre Graham Bell**

## Desserts

### Lemon Slice

Sweet Condensed Milk	2 cans
Coconut	½ cup
Teddy Bear Biscuits	2 packets
Lemons	2
Icing Sugar	1 ½ cups

\*\* Blend teddy bear biscuits and add almost all the coconut. Mix in condensed milk and stir until fully blended. Press into slice tin.

\*\* Add juice of two lemons to icing sugar plus the grated rind from lemons into icing

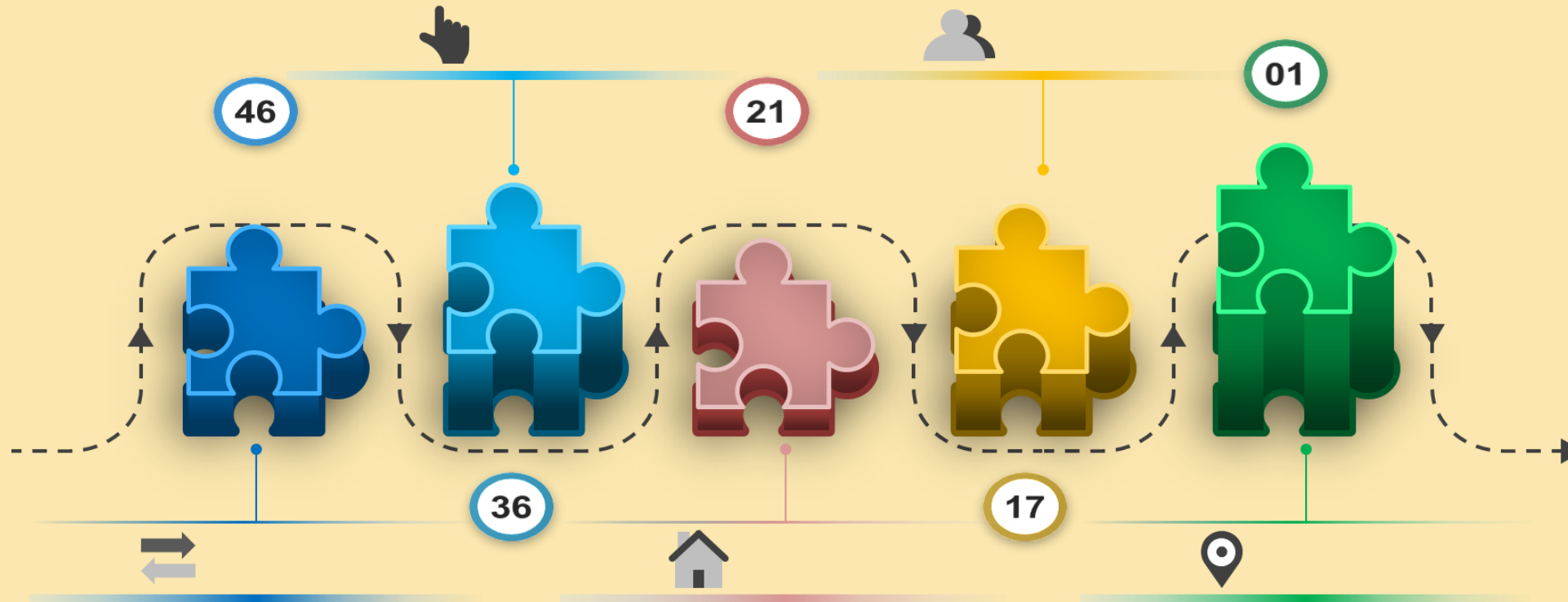
\*\* Place icing onto base and set in fridge



# And eat more Ice-cream

Leading with  
memorable messages

Own your actions



How important is Trust

Devils Advocate:  
A leaders best friend

I should have eaten  
more ice-cream

EAT MORE  
ICE CREAM!



A SUCCINCT LEADERSHIP LESSON  
FOR EACH WEEK OF THE YEAR

MICHAEL  
BRET HOOD



**Go to work each day knowing,  
*what you do*, impacts on a student  
and fellow colleagues for life!!!**





# Get Cookin'

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You are the destiny of your journey, you are the author of your story.

*(Lisa Nichols)*