

# Thrive Under Pressure

The art and science of personal energy  
management



A collaboration by





# 5-week virtual program

## Break free from burnout and unleash your peak performance

### Is this you?

Constantly juggling deadlines, meetings, and the demands of a fast-paced life? Feeling overwhelmed by the complexity and uncertainty of the modern world? You're not alone.

We live in a VUCA world – volatile, uncertain, complex, and ambiguous. It takes a tremendous amount of personal energy to navigate these challenges, and traditional time management strategies simply aren't enough.

### Ready to thrive?

Instead of just managing your time, it's time to master your energy.

This virtual program empowers you to break the burnout cycle and unlock your full potential.

You will learn the art and science of personal energy management, giving you the tools to:

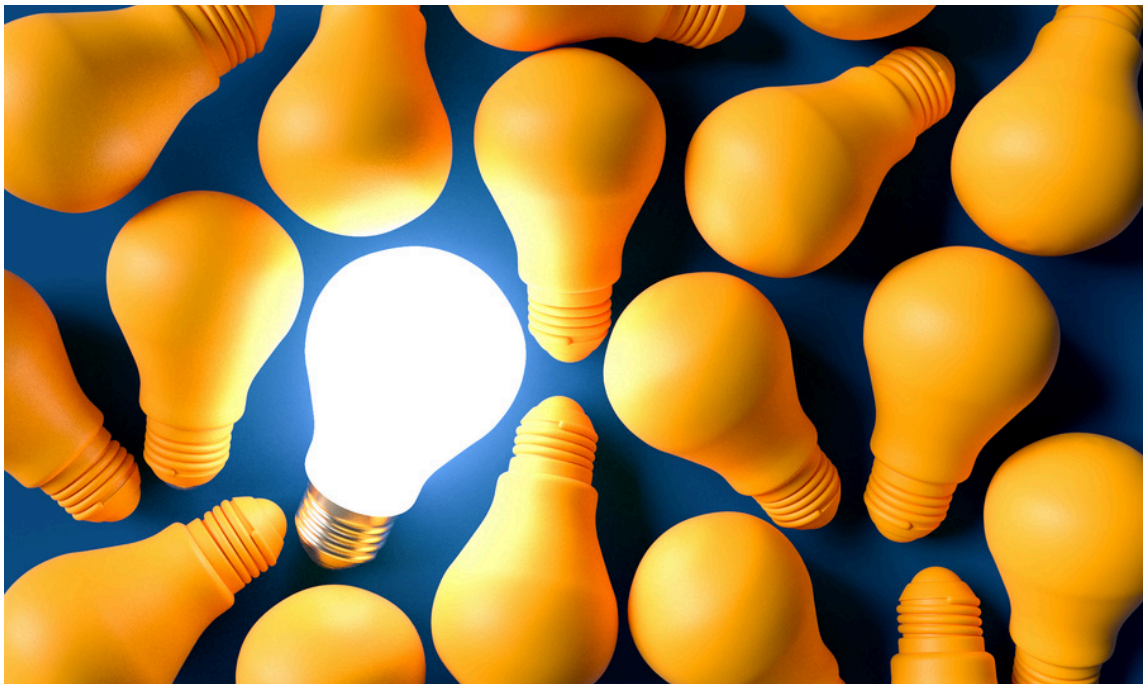
- Optimise your energy – fuel your body, mind, and spirit for peak performance.
- Build resilience to navigate challenges with grace and bounce back stronger.
- Create a balanced life and thrive in all areas, not just at work.



# What you'll gain

## Feel more energised, resilient, and fulfilled

This program is your roadmap to sustainable success and well-being. You will learn proven strategies for personal energy management, empowering you to perform at your best while creating a life of balance and joy.



By the end of this program, you will be able to:

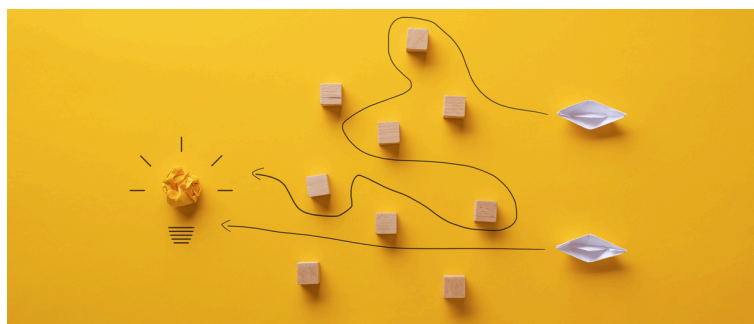
- Navigate the wellbeing continuum and recognise your personal early warning signs of burnout.
- Shift your mindset and develop empowering beliefs that fuel your resilience and overall wellbeing.
- Identify and harness the four core sources of energy - physical, emotional, mental, and spiritual - to optimise your vitality and create balance.
- Build sustainable habits and create daily routines that consistently recharge your energy and support your long-term wellbeing.
- Craft our Energy blueprint and leave with a personalised plan to boost your energy, enhance your resilience, and create the life you desire.

# Program outline

5th June to 3rd July 2025

All sessions will run from 9.00 am - 11:00 am AEST Thursdays, via Zoom.

SESSION 1	5 June	<ul style="list-style-type: none"><li>• Welcome and introductions</li><li>• Wellbeing: A sliding scale</li><li>• Listening inside: Signs and symptoms</li><li>• Modern day energy thieves?</li></ul>
SESSION 2	12 June	<ul style="list-style-type: none"><li>• The energy quadrants based on Schwartz &amp; Loehr</li><li>• Polarity thinking</li><li>• Mindfulness activity</li></ul>
SESSION 3	19 June	<ul style="list-style-type: none"><li>• What is resilience</li><li>• Cultivating resilience from within</li><li>• Growth mindset</li><li>• Circles of concern</li></ul>
SESSION 4	26 June	<ul style="list-style-type: none"><li>• The art and science of intentional habits</li><li>• Practical strategies to enhance energy and resilience</li><li>• Designing your energy and resilience blueprint</li></ul>
SESSION 5	3 July	<ul style="list-style-type: none"><li>• Group coaching session (small groups)</li><li>• Integrate and apply</li></ul>



# Meet your guides

Rebecca and Cherry are more than just facilitators – they're your allies in personal growth. Together, they bring nearly five decades of experience in leadership, performance, and wellbeing, offering a wealth of knowledge and proven strategies to help you unlock your full potential.

## CHERRY WARD & REBECCA NIEBLER



Cherry Ward, founder of Bluebird Leadership, is a seasoned executive coach, facilitator, and consultant with over 20 years of experience empowering leaders to inspire positive change and foster thriving cultures.

Rebecca Niebler, the founder of Mind Cultivation, brings over 15 years of experience in organisational learning and leadership development, underpinned by a degree in business psychology and a passion for positive psychology, to her coaching practice.



## Cherry Ward

Cherry is the Founder and Director of Bluebird Leadership and a catalyst for transformative leadership. With over 20 years of experience, she empowers leaders to inspire positive change, guiding teams towards fostering cultures that thrive. As an executive coach, facilitator, and consultant, Cherry specialises in innovative leadership development, weaving together inner capacity building with regenerative practices for systemic impact.

Her expertise lies in cultivating self-aware, resilient leaders who embrace systems thinking to navigate complexity and build a sustainable future. Cherry has formal qualifications in Business (MBA & BBus.), Sustainability/ESG, Process Oriented Coaching and a range of tools and diagnostics.

To learn more about Cherry and her work, visit [www.bluebirdleadership.com](http://www.bluebirdleadership.com), or connect with her on [LinkedIn](#).



# Rebecca Niebler

Rebecca has a degree in business psychology and more than 15 years of experience in organisational learning and leadership development roles.

She is also the founder and owner of Mind Cultivation, a Brisbane-based coaching and facilitation practice. Her approach to working with individuals, teams and family businesses is deeply rooted in positive psychology and guided by her philosophy, “the way you speak to yourself sets the tone for every other relationship in your life”.

In her work with clients, Rebecca is guided by principles of Acceptance and Commitment Theory (ACT), including embodied and experiential approaches to learning and unlearning. She brings a systemic lens to her practice and takes a holistic view of people and the systems they operate in.

To learn more about Rebecca and her work, visit [www.mindcultivation.com.au](http://www.mindcultivation.com.au), or connect with her on [LinkedIn](#).

# The fine print

## Investment

\$595 AUD - Corporate or company sponsored

\$475 AUD - Individually funded

## Discounts

10% Early bird discount until 15 May 2025 - use discount code **EARLY**

15% Group discount for 3 or more - use discount code **GROUP**

Our experiences are thoughtfully designed to help you prioritise your wellbeing and invest in your personal growth. Here's what you can expect:

- A comprehensive learning workbook and additional resources that equip you with the tools and knowledge to create lasting change.
- Discover a range of online embodied practices designed to reduce stress, increase self-awareness, and cultivate a sense of inner calm.
- Solidify your insights and cultivate sustainable habits with dedicated group coaching sessions designed to support your ongoing transformation.

[Secure your spot](#)





# Contact us

## Inquiries

Give your employees the tools they need to thrive. Contact us today to discuss how our customised program can transform your workplace and drive lasting results.

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