

Programme overview [Take home pack](#)

Four Systems. One Cohesive Programme.

01.Sleep
02.Breathwork
03.Nutrition
04.Fitness



Under pressure

The rising cost of leadership burnout.

In today's climate, failing to invest in the health and performance of emerging leaders is one of the most expensive blind spots a business can have.

According to Deloitte, burnout is responsible for up to 50 percent of annual workforce turnover.

Replacing a single senior-level or executive employee in Australia can cost up to 150 percent of their annual salary (Australian HR Institute).

High Value Leaders is built by leading experts to help professionals master stress, optimise sleep and nutrition, and embed habits that drive peak performance - for the long term.

Without support, professionals face rising sick days and burnout, fatigue-fuelled decision-making, decreased resilience under pressure, and waning productivity and presence.

With HVL support, individuals experience fewer sick and mental health days, improved decision-making and focus, greater resilience and stress tolerance, and increased productivity and executive presence.

What Are High Value Leaders?

A high value leader is consistent, clear-thinking, emotionally resilient, and physically prepared for the pressures of modern leadership.

As leadership roles become more demanding, the need for proactive health and performance support is no longer optional.

This programme ensures these habits are embedded before individuals step into more high-stakes, key decision-making roles - building capacity early and reducing burnout later.

The HVL Programme

A 16-week expert-led system designed to build resilient, high-performing leaders, before they burn out.

- Delivered in four 4-week performance blocks
- Weekly expert check-ins and progression reviews
- Personalised assessment, habit tracking, measurable outcomes
- Real-world application with minimal disruption to work routines

Why It Works

Sequential, expert-led structure boosts adoption

60 percent higher success rate from structured habit building (Stanford Behavioural Lab)

What You Gain

Strategic Value

- More than wellness, a leadership pipeline strategy
- Future-focused investment in talent and wellbeing
- Enhances brand in a competitive talent market

For Individuals

Sharper decision-making
Improved energy and resilience
Confident executive presence

For Businesses

Reduced burnout and absenteeism
Improved succession planning
Cultural buy-in from leadership
Improved retention of high performers



The four pillars of performance

1

Sleep and recovery

Restorative routines for resilience, focus, and long-term health. Work with a sleep psychologist to assess and optimise your sleep hygiene, circadian rhythm, and recovery practices. Understand the science of high-quality sleep and how it directly impacts energy, decision-making, and leadership capacity.

2

Breathwork and Nervous System Regulation

Tools for stress recovery, emotional control, and sharper cognition. Led by a nervous system and breathwork expert, this block focuses on mastering your physiological response to stress. Learn practical techniques to stay composed under pressure, optimise your mental state, and recover faster from high-demand situations.



Health and Fitness

Physical conditioning for stamina, posture, confidence, and energy. Work with elite performance coaches to improve fitness, strength, mobility, and movement. This block is tailored to build a resilient and energised body capable of meeting the demands of leadership and high performance situations.

Nutrition and Gut-Brain Health

Fuel for cognitive clarity, mood stability, and sustained output. Partner with a clinical nutritionist to explore the critical gut-brain connection. Gain personalised strategies around diet, supplementation, and eating for performance to enhance focus, emotional regulation, and daily productivity.

4

3