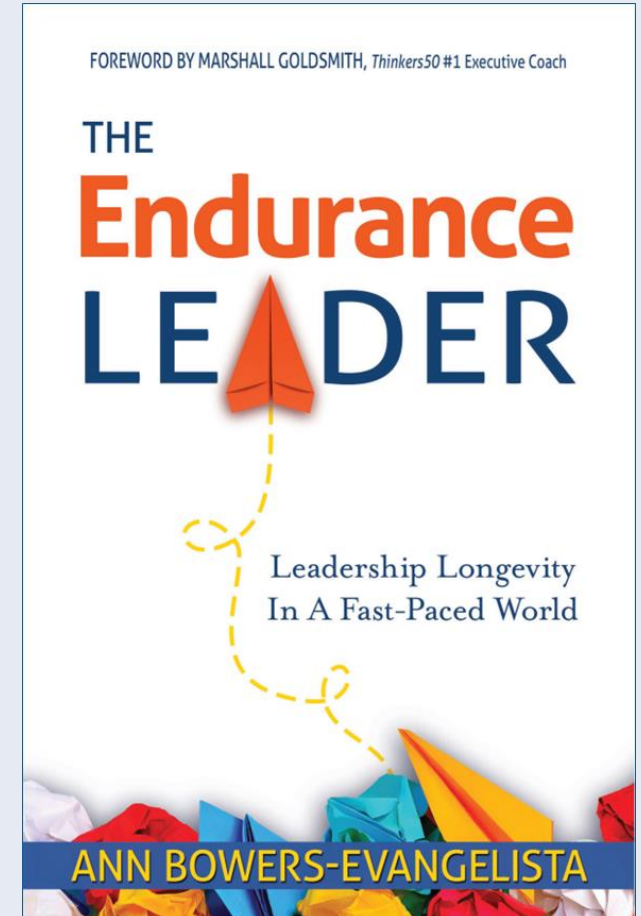
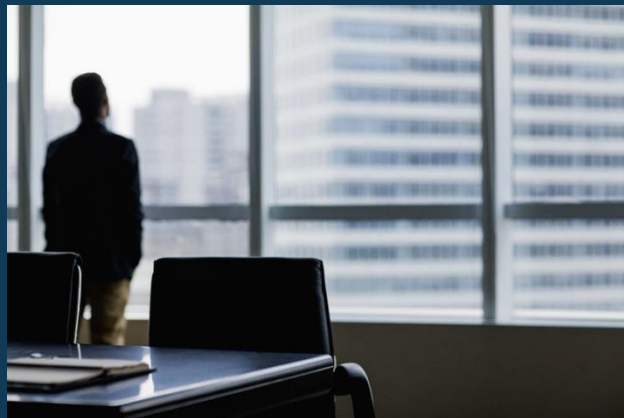


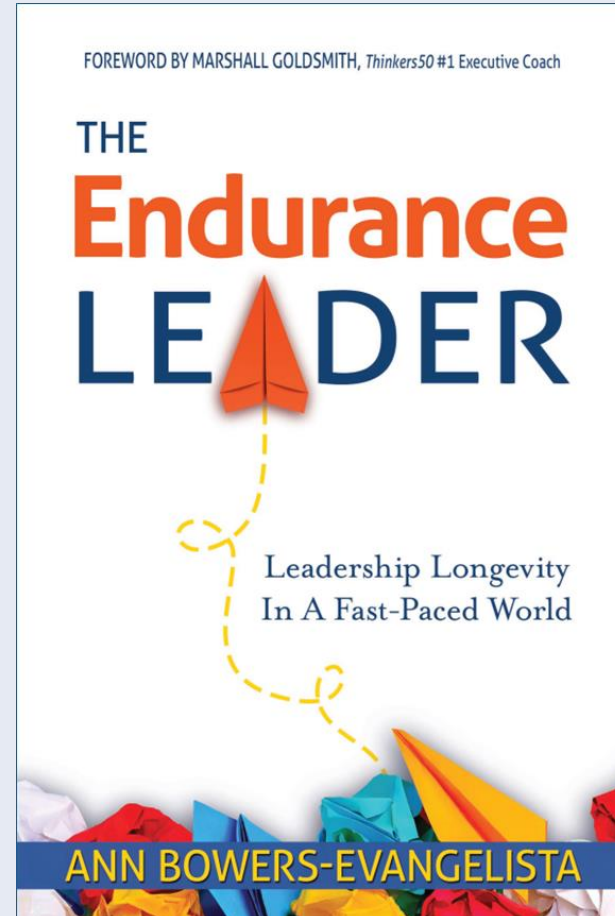
# The Endurance Leader: Leadership Longevity in a Fast-Paced World

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PPC Next – July 31, 2025  
Frisco, TX



# Why endurance?





# Learning Objectives

- Identify three business or intrapersonal reasons for a long-term leadership model in today's business climate
- Describe the four elements of the Endurance Leader model
- Learn at least three tools to help you build a long-term leadership approach
- Take away one skill or tool for your professional or personal growth



# What do you think?

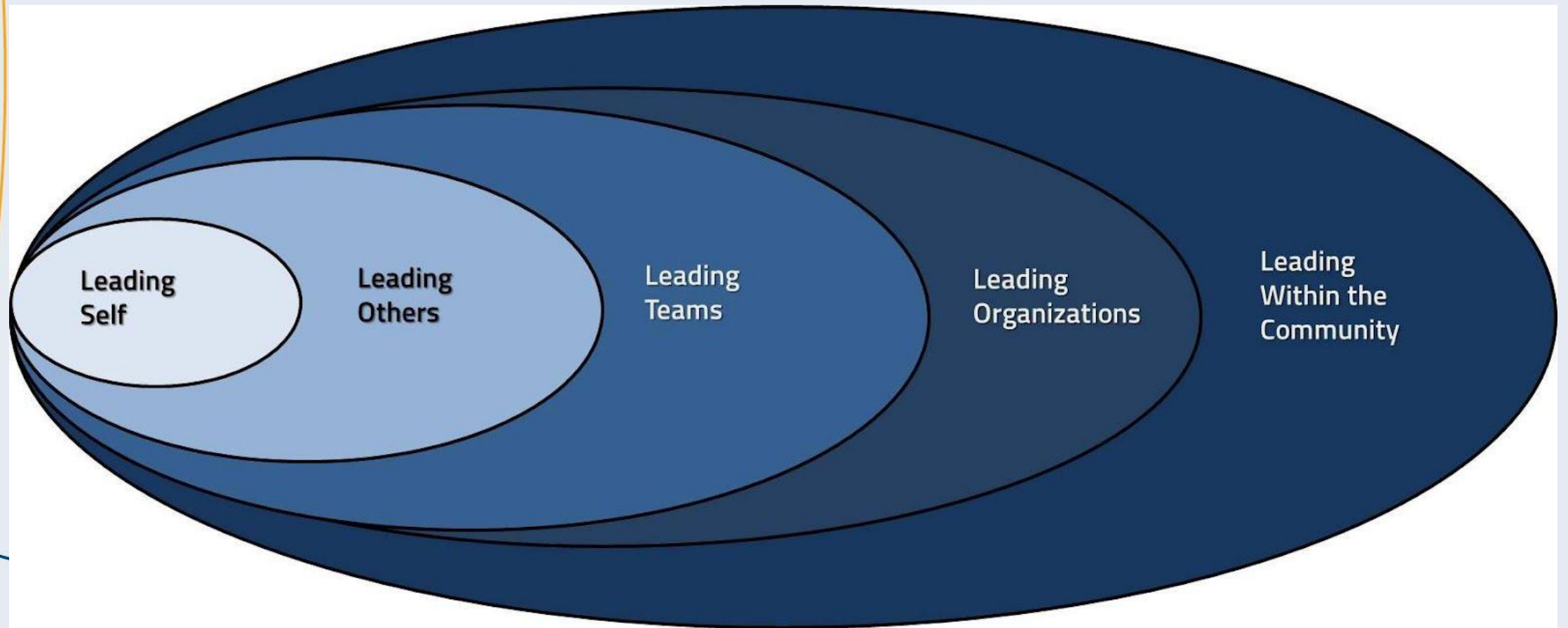


A woman with dark hair, wearing a bright yellow sweater, is shown in a close-up shot. She has a thoughtful or concerned expression, with her right hand resting on her forehead. The background is softly blurred, showing what appears to be a window with light coming through. The overall mood is contemplative.

The need



# A leadership framework



# Our Mindset



MICHAEL GERTNER/GETTY IMAGES



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Build your trai



# Anchor your mindset questions

1. What is your ultimate mission? What are you uniquely on the planet to do?
2. What tools could you invoke to determine where you are against your mission? (Establishing your baseline)
3. If you don't put a plan in place to achieve your mission, how will you achieve it? What are you waiting for?
4. What are the known obstacles that will get in the way? How can you plan for them to minimize their disruption on your path to success? Who can support you?



# Excel in execution



Train every day



Use the Action-Reflection Cycle



Run the mile you're in



Learn pacing



Recover



# Excel in execution questions

1. What could you do to get you 1% closer to your goals?
2. How could the Action-Reflection Cycle help you achieve your goal?
3. Amid stress or uncertainty, what can help you focus on what you control?
4. How can you pace yourself (and your team) so that your goal effort remains sustainable over time? What do you need to say yes to/no to?
5. Are you engaging in proper recovery? What could you change to build even 5% more time for recovery?



# Forge discipline



Lea



# Forge discipline questions

- Where are you pushing at your edge of what's comfortable? Where are you playing it safe?
- Are you building agility in service of your goal? How could seeking different perspectives/contrary opinions/diverse thoughts help you?
- What contingency plans do you have in place to help you manage unforeseen obstacles? For example, how will you keep your focus when business pressures change or you lose a team member?
- If nothing seems to be working, let's take a step back. What is making this impossible? What can you learn from this? How can you/we redefine success?



# Leverage support

- Committed, disciplined, organized
- Provide an athlete/leader-centered relationship
- Provide well-planned, highly structured, and realistic practice environments
- Demanding for the sole purpose of making the athlete/leader better
- Hold the athlete/leader accountable
- Relationship of trust, confidence, and respect
- Ability to read, analyze, and evaluate athlete/leader potential



# Leverage support questions

- What qualities do you most value in a coach? What qualities do you think you embody as a coach?
- Whom do you use as a coach? Where are you looking for your next leadership lesson/growth opportunity?
- What metrics help ensure progress toward your goal? What are some easy ways to use metrics more regularly to help you?
- How can gratitude help you achieve your goals? Where could you incorporate gratitude more regularly to help you/others stay motivated?





**IRONMAN**  
WORLD CHAMPIONSHIP



Never, ever give up.  
And smile.

- Chrissy Wellington

Joy in the journey

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# For more information:



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The Endurance Leader



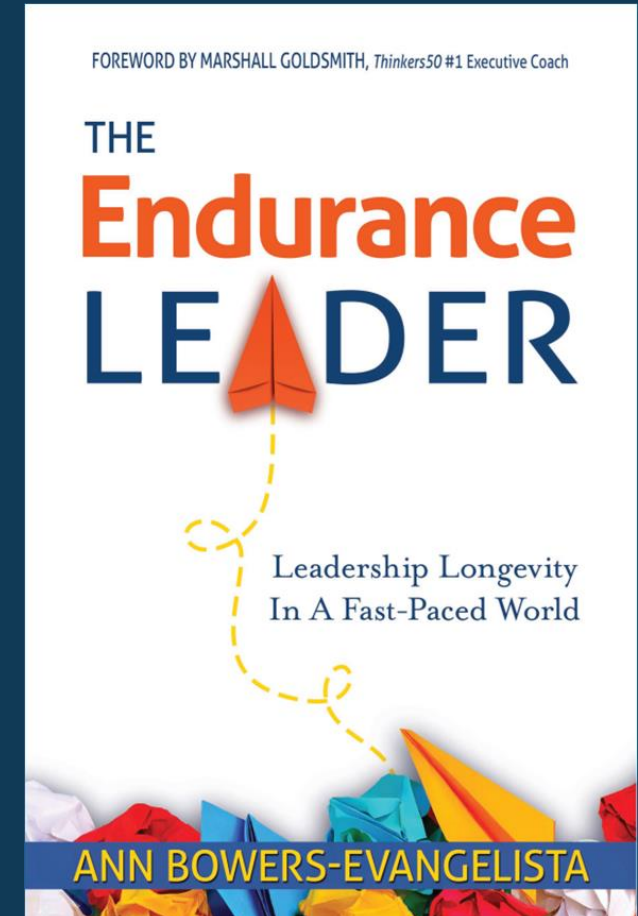
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# Q&A