

Motivation or Inspiration?

Innerwealth
Inspired Change

Chris Walker

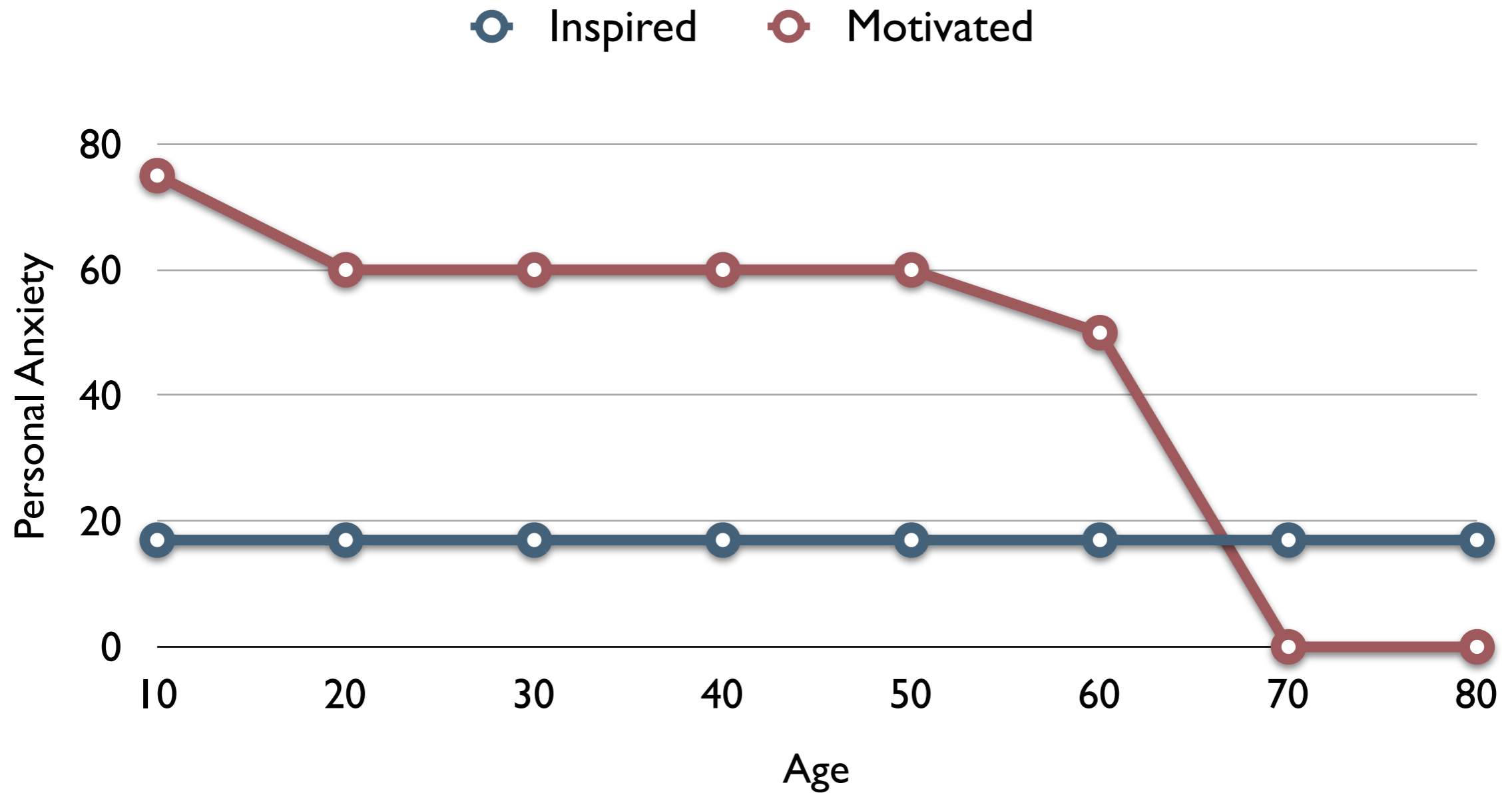
Why Inspired?

- Benefit to the Individual
- Benefit to Teams
- Benefit to the Company
- Benefit to the Community

Benefit to the Individual

- Reduces stress and take home anxiety
- Inner Calm and Wellness
- Self-sufficiency & Self-reliance
- Positive feeling of confidence in the future
- New Language for Problem Solving
- Better Choices - Stay younger - Live Longer

Motivation Requires High Anxiety levels to Be Effective

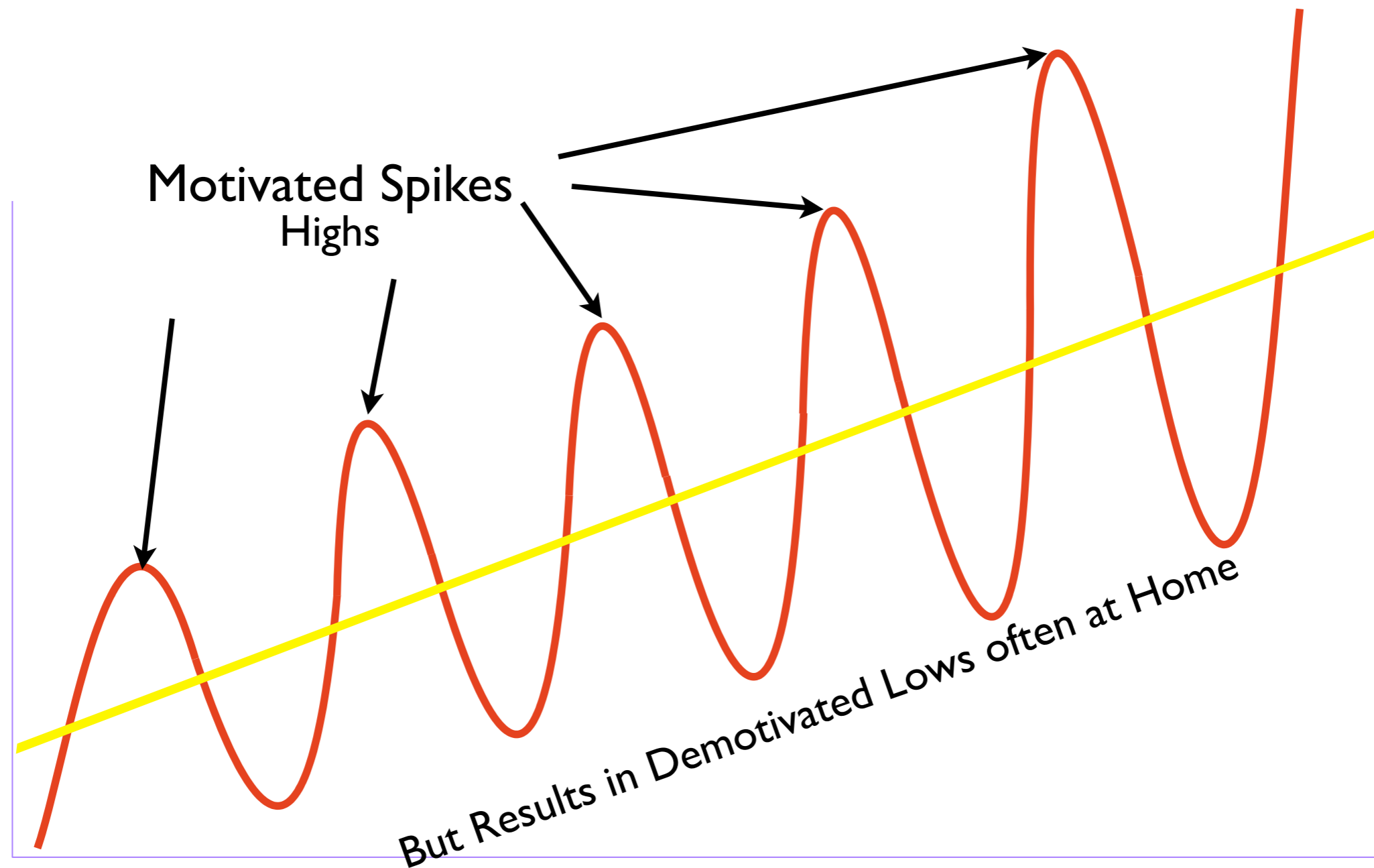


Source: ABS approximating stress cost to anxiety levels

Benefit for the Team

- First line of support - Better communication
- Better understanding of team dynamics
- Vast improvement in conflict resolution skill
- Better use of time - more productive
- More Creative, enjoyable, visionary

Motivation Drives Unsustainable Performance Spikes



Motivation Drives Performance Spikes with Downers Usually at Home

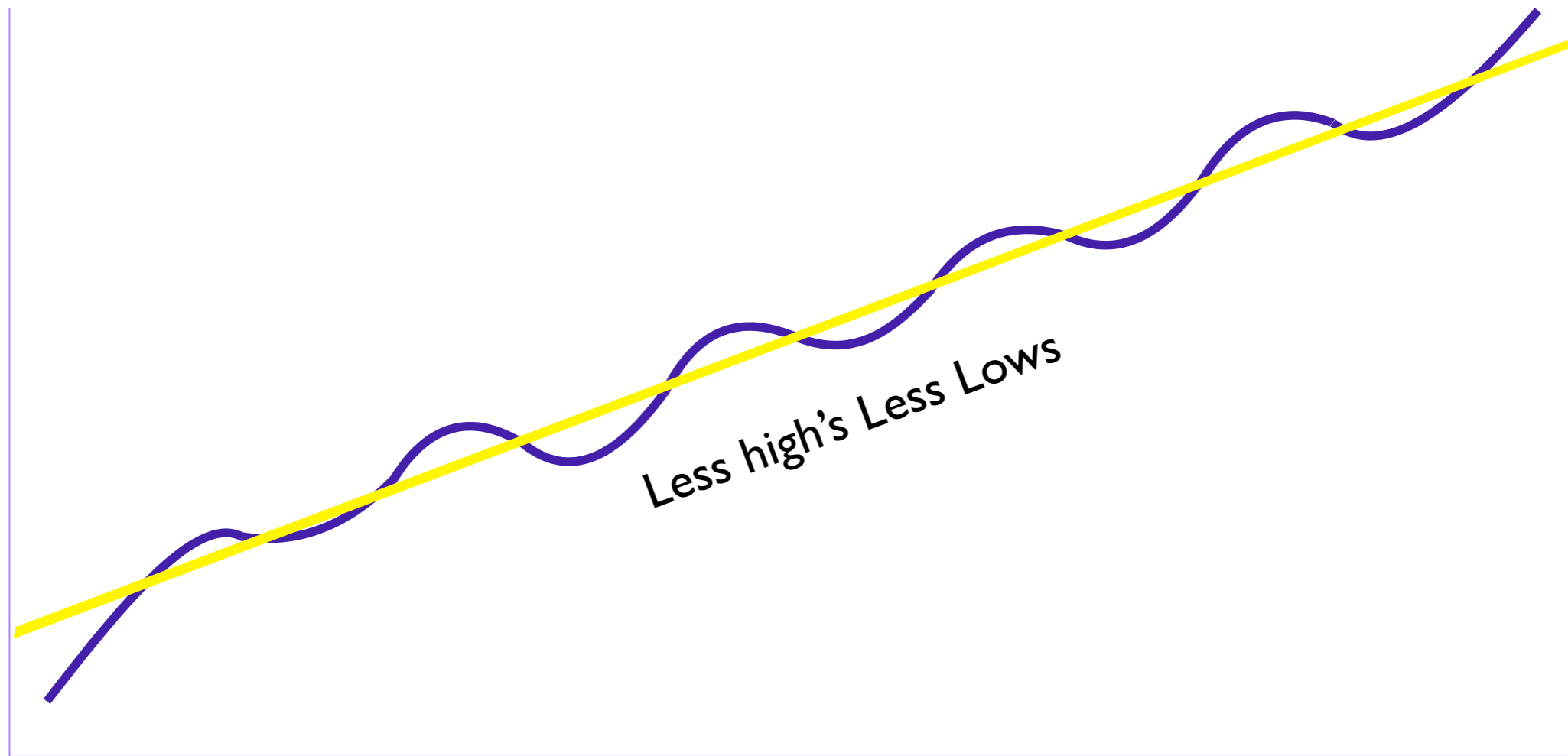
+VE

- Celebrate Wins
- Adrenalin Highs
- Emotional Uppers
- Dopamine triggers
- Positive Thinking

-VE

- Stress increases
- Depression increases
- Frustration
- Downers
- Obesity, addictions

Inspiration Drives Sustainable Performance without the Lows

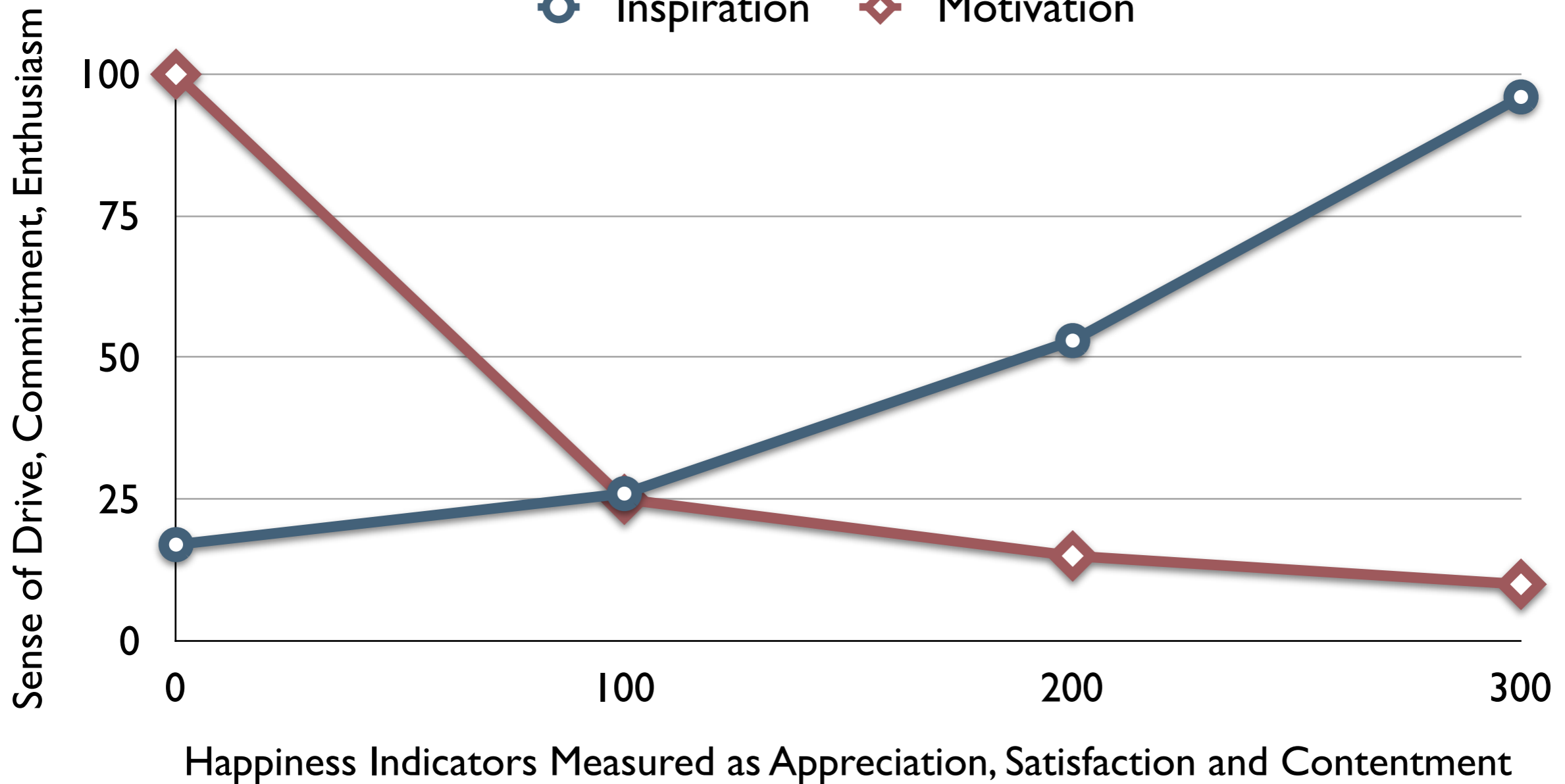


Benefit for the Company

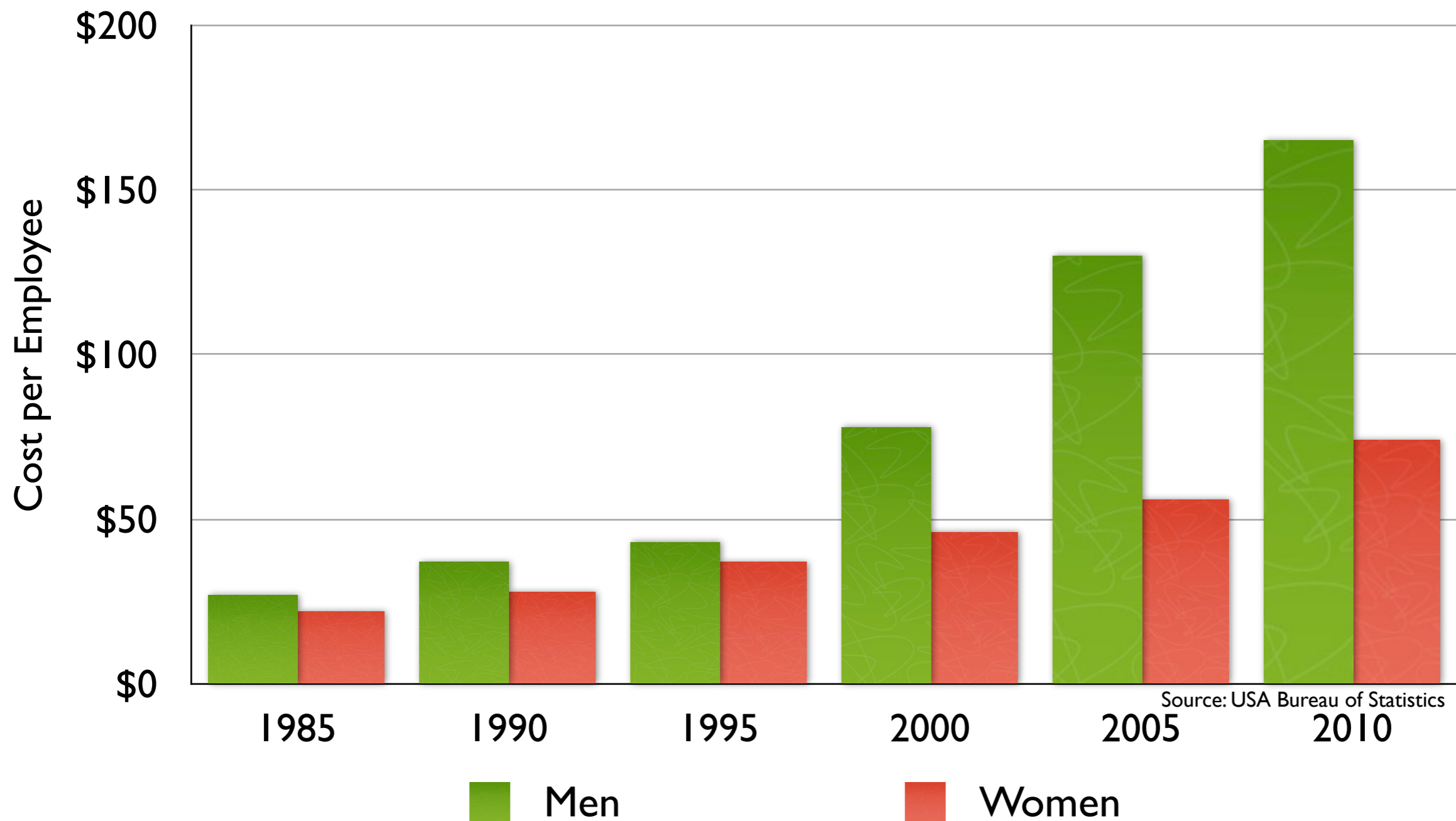
- Reduced Costs
- Increased productivity / profit
- Easier to Lead
- Cultural Engagement
- Brand consistency

Motivation Requires Constant Dissatisfaction

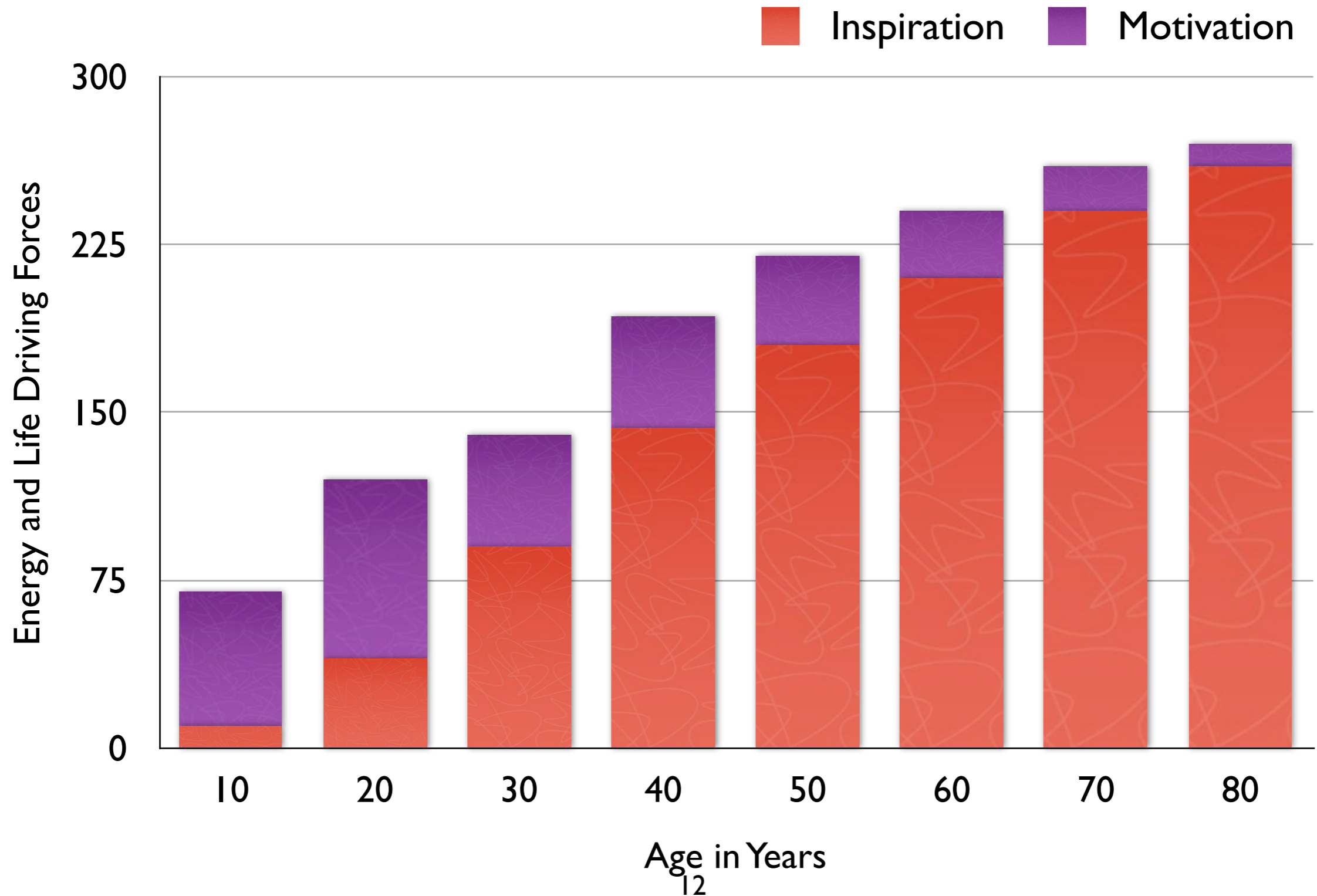
○ Inspiration ◇ Motivation



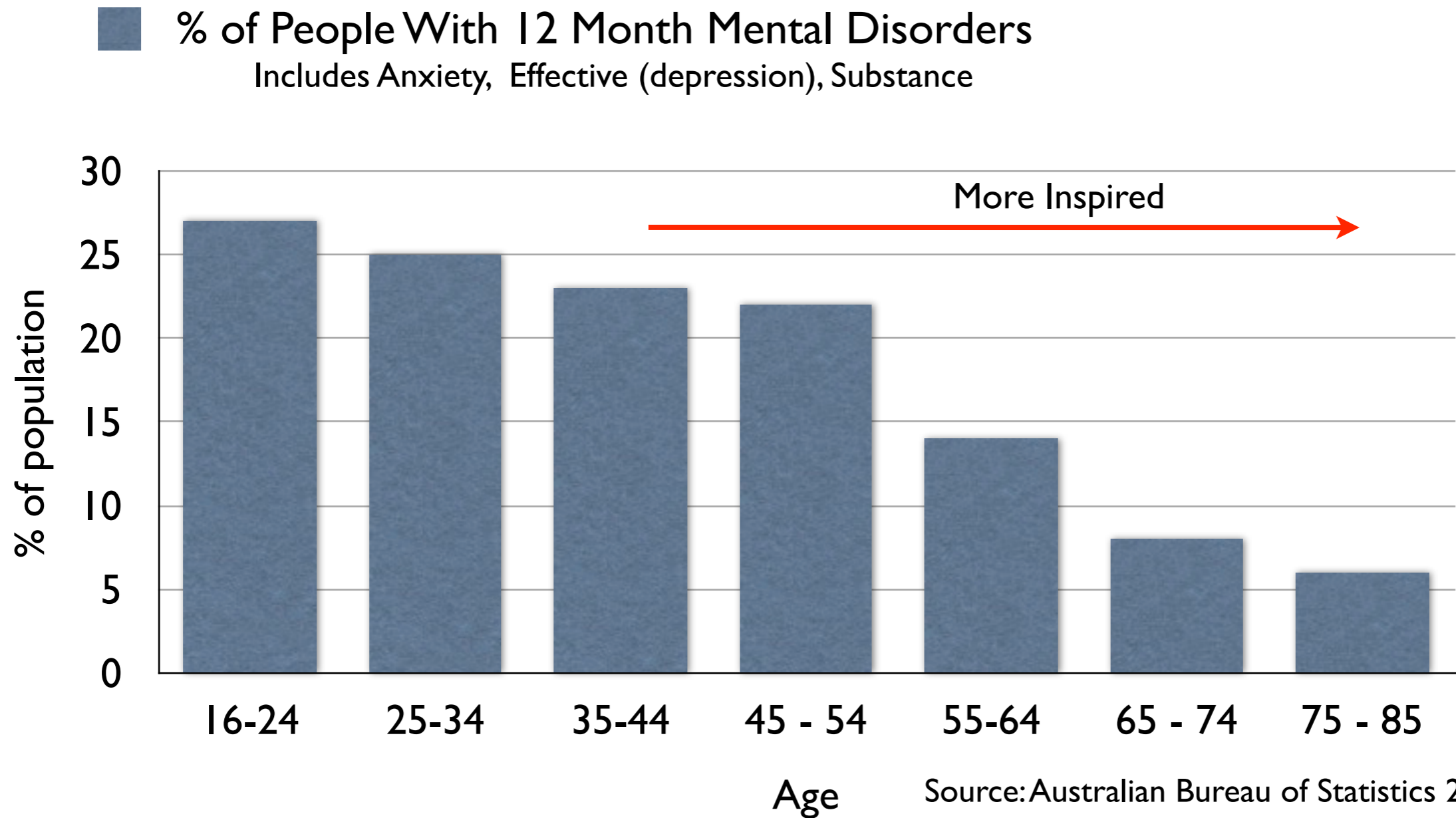
Global Demands on the Individual are Increasing With Employee Overhead



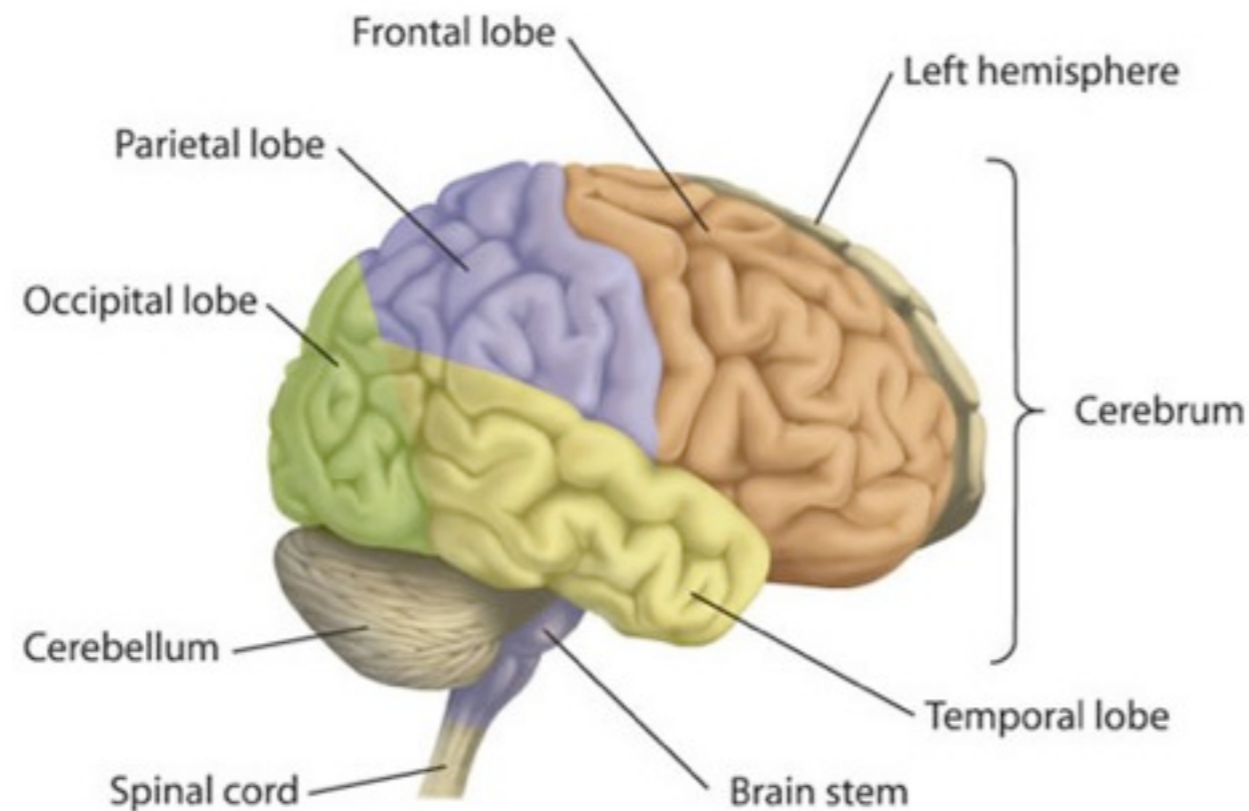
Motivation Evolves to Inspiration with Time



Inspiration Reduces Mental Health Problems

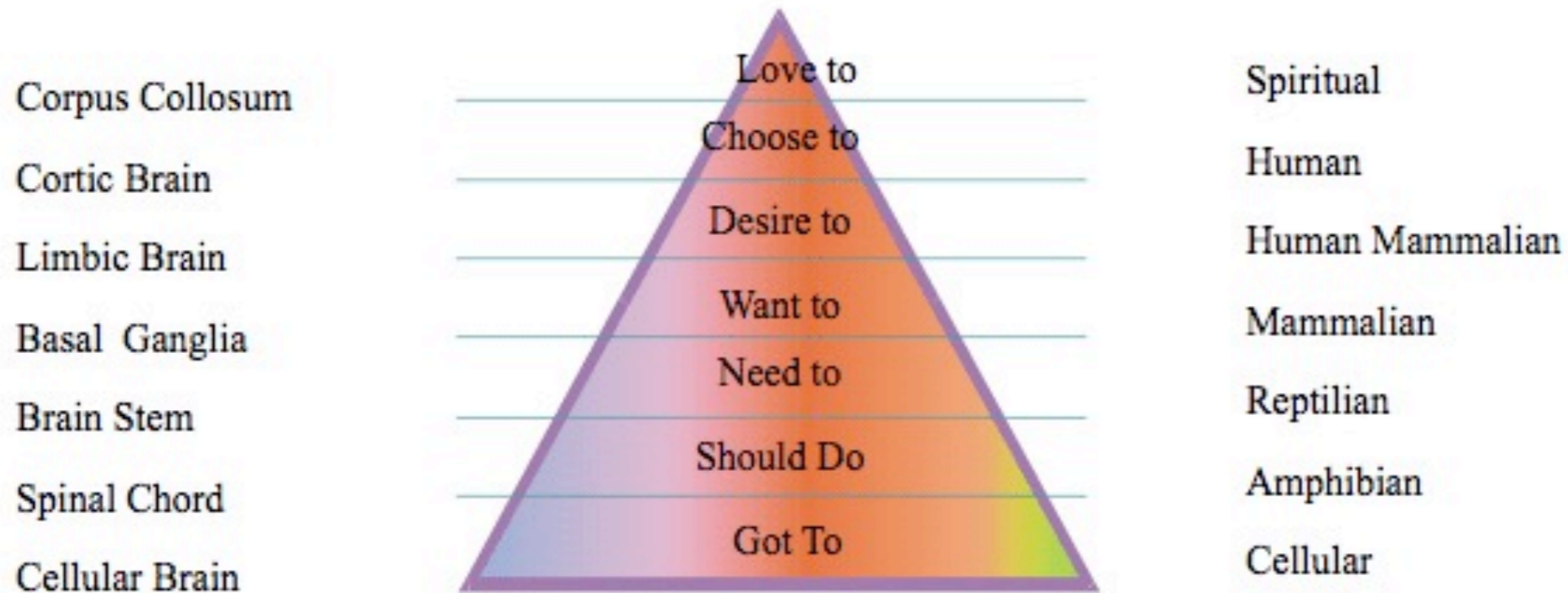


What Part of Your Brain do You Choose to Use?



Motivation or Inspiration?

Survival Thinking or Inspired Thinking



More Benefits of Inspiration

- Less discrimination on gender
- Broader embrace of diversity
- Moving beyond “hype” and “swipe”
- Greater awareness of domestic factors
- More responsive to environmental changes
- More transparent reward systems