

# Cresswell Walker



## Crowd Pleasers

### "Life is a Daring Adventure"

...or nothing". So said Helen Keller. How do we stop being 'so busy' and start connecting with the things that are really important to us? How do we make our life and our work an expression of our passions and our heart? How do we as ordinary people, make our lives and work extra-ordinary?

Cresswell shares how his time at sea has taught him much about living on land. Told as a series of sea stories both entertaining and poignant, the principles and practices of the 7Cs are take-aways to re-shape your life.

### Leadership: The Hero's Journey of our time

How do we, as leaders, create powerful, sustainable, breakthroughs? How do we inspire and conspire with others to change our workplace world for better? How do we sustain ourselves in those lonely moments at the top, when we begin to doubt even ourselves?

Captaincy, at sea, like leadership on land, has its moments of doubt and shame, glory and success, wisdom and foolishness. We are all human, but somehow as leaders we must be 'more'.

Audience participants will learn the secret of being 'more' in the practices of each of the 7Cs while having some fun during this playful talk, hearing some of Cresswell's more spectacular blunders at sea.

### Work Life Balance is not a problem to be solved

...but a polarity to be managed. The task of managing Work-Life Balance ultimately falls to each of us. As pressures mount in the workplace to work longer, harder, smarter, etc. the only solution lies in new thinking about the nature of work and our relationship to it.

This talk draws heavily on the metaphor "Life is a Voyage" and presents strategies to manage Work-Life balance based on the 7Cs. The take away is a personalised approach for each participant, a strategy to excel at work AND get the most out of their lives.

### Other Topics

- Research: Adventures in Discovery of the New World
- Sales Teams: A Values Based Approach
- Self-Leadership and Organisational Engagement: Aligning Values and Talent.

\*\*If you don't see it, ask for it! It is my pleasure to work with every client to adapt the 7Cs to your context and program needs.

*"Adding one day to the next day, day after day, accomplishes great things in shorter times with less effort than we imagine. Pick a course, any course, and keep sailing!"*

*"A Voyage of Uncommon Sense: Sail7Cs to Purpose, Passion and Power"*

*Cresswell Walker*

[www.sail7cs.com](http://www.sail7cs.com)



*"Personal, professional and business success stand on 7 pillars of strength. I call them the "7Cs". I want to show you how to put them to use - at school, at home, and at work."*

