

Optimised:

Group Performance Coaching Program for High-Achieving Teams

Your top performers are quietly cracking. Let's help them thrive without burnout.

Optimised is a science-backed group coaching experience that helps high-performing professionals sustain peak performance, without compromising wellbeing.

Led by **Dr Kristy Goodwin**

Neuro-performance scientist | Speaker | Trusted by Fortune 500s



"When your people thrive, your business thrives too."



Your best people are your most at risk.

They're sharp, driven, and holding the weight of high-level responsibility. But behind the scenes, they're:

- Waking up exhausted
- Snapping under stress
- Losing clarity, creativity and confidence

You're not imagining it:

- 38% of professionals report feeling burnt out
- 2 in 3 leaders report chronic fatigue and focus issues

The cost of burnout isn't just personal, it's organisational.

Absenteeism. Presenteeism. Talent churn. Silent underperformance.

That's why top teams enrol in **Optimised**.

*"Invest in your human capital like you invest
in your financial capital."*

Recent research from WorkWell Leaders confirms that:

- A leader's wellbeing has more influence on team and organisational performance than any wellbeing app or one-off resilience program.
- Leader wellbeing is 56 times more effective in shaping organisational wellbeing than stress management and resilience programmes and 50 times more effective than wellbeing apps.
- Leader wellbeing is also 11 times more effective in shaping organisational performance than employee participation in stress management or resilience programs and 4 times more effective than wellbeing apps
- When leaders model wellbeing and optimise their own human systems, performance, engagement and psychological safety improve across the organisation.

This isn't wellness fluff (it's more effective than any "Wellbeing Wednesday Webinar").

It's a high-performance recalibration.

We don't teach time-blocking hacks or productivity theatre. We help high-performing professionals align with their Human Operating System (hOS), which is how they're neurobiologically designed to function and flourish. We do this with:

- Data from WHOOP wearables
- Biometric tracking of stress, recovery, sleep & performance (& a range of other biometric data)
- Brain-based protocols to recalibrate energy, focus & capacity

*Because elite performance
requires more than mindset.
It requires biological alignment.*



What's Inside the Optimised Program

A 12-week group coaching experience for up to 10 performers

Flexible for leadership cohorts, team pods, or cross-functional groups

Wearable Tech + Concierge Setup

Each participant receives a WHOOP and full onboarding support

Biometric Data Review

Weekly review of recovery, stress load, cognitive bandwidth, and readiness with feedback and accountability

Group Coaching Calls with Dr Kristy

6 live group coaching sessions including coaching, insight delivery & real-time protocols

Custom Recovery Plans

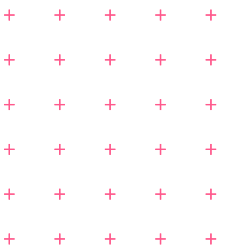
Participants build daily micro-habits aligned with their own hOS

Team Capacity Scorecard

Benchmark your team's capacity at start and finish: see measurable results

Bonus: Full Access to Amplified

Each participant receives access to **Amplified**, Dr Kristy's signature learning program that teaches them how to interpret their own biometric data and implement high-performance habits. This ensures continued transformation long after the coaching concludes.



Business Benefits Include:

- Lower attrition and sick leave
- Sharper, faster decision-making
- Improved presenteeism and team engagement
- Higher capacity across longer strategic periods
- A culture of sustainability and intelligent self-leadership

Participant Outcomes Include:

- More focus, less stress
- Improved sleep and recovery metrics
- Stronger emotional regulation
- Clear decision-making under pressure
- More energy at work and at home



Optimised is ideal for teams who:

- Are growing fast, scaling leadership, or in high-stakes delivery periods
- Want to retain top performers and reduce burnout risk
- Are ready to back up wellbeing with real systems, not just slogans (or fruit bowls)

“I didn’t realise how depleted I was until I started tracking it. This was game-changing for how I lead”

“Kristy translated my wearable data into real-time decisions: better meetings, better sleep, better outcomes.”

“We finally had a shared language for capacity and the whole team started working smarter, not harder during our busiest quarter to date”

Previous Clients



Dr Kristy Goodwin is a neuro-performance scientist, international speaker, and trusted advisor to global leaders, Fortune 500 brands, and elite teams.

Her unique approach merges:

- Biometric data from wearable tech
- Brain-based protocols
- Real-world leadership demands

She's helped thousands of professionals power up their performance, without powering down their lives... because she once almost paid the ultimate "**success tax**". Watch below to find out how Kristy learned the hard way about living and working in unsustainable ways.

Play video



Intake Now Open for the Next Quarter

Limited spaces available per quarter for up to 10-person team cohorts.

Apply to enrol your team

[CLICK HERE](#)

Or connect with Emma for corporate booking info

[CLICK HERE](#)

DR KRISTY GOODWIN

www.drkristygoodwin.com



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For PAs, EAs, People & Culture leads, or Chiefs of Staff who want some help to share this with their leaders

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