



## Case study: Kate Gunn

Kate is the Chief Executive Officer of Balance! Healthcare, an innovative health centre which combines general practice with other health disciplines such as physiotherapy, dietetics, massage, naturopathy, acupuncture, massage and psychology.

*I am always very busy, and it is important to be a role model for all my staff and clients. I strive to have a good balance in all areas of my life. For example, I have a five-year-old son, and I like to pick him up from school on Friday at 3 pm. Everyone knows that Friday afternoons are my time with my son, and we just work around that.*

*In many ways I believe it is the people that you meet along*

*the way that inspire you towards your future. Before I was in the healthcare sector, I engaged Andrew to coach my team to inspire them to keep performing without burning out. Or as he says, to be 'on when you have to and off when you can'.*

*Andrew made us all stop and think about what was really important in life, realising that maybe we could have success at work and at home rather than sacrificing one for the other. Andrew helped us challenge the old belief that to have success at work required a dysfunctional home life and that success at home meant a less than average career. It is all about the way you work and the focus of your efforts.*

*One way that we encourage our staff is to have a guided team meditation session once a week. This is all about focusing them for the week ahead, but also about relaxing and chilling them out. Work shouldn't be an unpleasant environment, and I like the idea that the meditations provide 'quiet time' for staff even while they're at work. Because we're working in a holistic healthcare setting, we need to practise what we preach!*

*On a more personal level, Andrew reminded me that eating sugar has the opposite effect to the one you hope for! Sometimes it is just the little things that count. I had tried lots of 'diets' but he showed me a sensible eating plan to keep me energised all day. Because it's not a diet, it's a lifelong eating plan, I've been able to stick to it ever since – plus I lost weight and feel fantastic!*

*Working in the health sector is now my lifestyle, and Andrew influenced me on this journey. I was very interested in the Environment Switch when I first started working with Andrew, and gradually that interest grew into working in the complementary therapies area.*