

Case study: Paul Vine

Paul is a Senior Legal Counsel at AXA Australia. He looks after AXA's insurance and advice businesses, and also handles their commercial disputes. Outside work he enjoys spending time with his family, Nicole, Hanna and Josh, and is a keen sportsman, these days in particular masters swimming.

In-house legal work is always busy and carries significant pressure. There is an expectation to provide top quality legal advice but also offer sensible commercial solutions quickly. There are always many balls in the air and juggling priorities is key. For me, family life, especially spending enough time with my family, is vital, and so ensuring that I get through my work in good time and get home to the family is paramount.

Andrew is one of the few speakers/facilitators who makes absolute sense and whose ideas work. He is great at focusing on a small number of key, achievable goals. For me those included some good ideas on balanced nutrition, positive psychology and sensory control. The benefits of these are increased energy, relaxation when required and focus on strengths. Putting Andrew's ideas into practice has really made a difference for me, especially in terms of organising and focusing on tasks that need doing, and having the right fuel and mindset to do that.

Lawyers are well-known for the way they work, in particular in private practice. Getting to a stage where you focus on important issues and your strengths and saying 'no' where relevant, is quite difficult for many lawyers. Andrew's techniques have been great with assisting with this – especially, for example, taking time out while at work when possible, and not worrying about things you can't control.

On the physical side Andrew has some very relevant and easily-implemented ideas in relation to nutrition, which assist energy levels through the day, and sleep (switching

off at night and regular sleep patterns). Actually thinking about my body's natural rhythms and when I work best has allowed me to implement some changes in the way I organise my day, and I can really see the improvement.

The techniques Andrew has developed help people – anyone, at any age, from any background or job – feel better about themselves and perform nearer their own peak. That is, as with anything else, if you are prepared to put the effort in. I found that a few focused goals in a few areas certainly helped me better organise a busy life, with the right energy levels at the right places.