



## Case study: Scott Krywulycz

Scott, a former professional rugby league player with the Cronulla Sharks, now runs a corporate health company specialising in improving workplace productivity. He also works as a high-end health coach with executives, primarily in the banking and finance sector.

*The biggest challenge I faced was getting over some of my self-limiting beliefs. It's still a work in progress, but I'm definitely getting there. I love what I do so the passion outweighs the problem. I played sport at a high level and have had to adjust to a different balance off the field: step-*

*ping up to run a small business. In this scenario suddenly I'm not just a team player but also the captain. It takes a different way of thinking! I think a lot of ex-players go through the same types of challenges.*

*Andrew has taught me to be truly accountable. There are no excuses. My overall success is mainly due to me and my thoughts, my actions and my behaviours. This was a bit confronting at first but now drives me in everything I do.*

*I have also learnt to really follow my passion, to aim to be the best you can be at what you do. I now have a great support team – it is important to learn to do what you do best and then get great people around you to help with the rest.*

*And most importantly I have more balance between work and home. Focusing on being on when I get to work and disconnecting when I get home and 'attending' to my family has resulted in greater quality time with my three young children and my lovely wife.*

*I'm happy to say that my business turnover has tripled since I started working with Andrew.*