



Pace

Unlock your performance and have
the energy to deliver your ambitions

Report prepared for:

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compass

Thank you for completing the Pace indicator

The purpose of the Pace Indicator is to provide you with insight into specific areas of your life and how you are operating against your Natural Pace today:

1. Your natural pace
2. Your current behaviour at work
3. Your current behaviour in your leisure life
4. Your current exercise style / behaviour
5. Your current nutritional habits / behaviour

Pace Concept

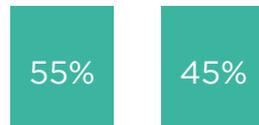
Pace is defined as the rate at which we operate as individuals when we are left at complete choice. Our Natural Pace is the rate at which we approach activity, focus, and communicate when all perceived external pressures are removed. We all sit on a scale between 0% - 100% Fast Paced (or 100% - 0% Slow Paced).

Understanding our most Natural Pace allows us to identify how we can work at our most efficient, clear and productive rate. Understanding the Pace of those around us also helps identify how to adapt our approach to collaborate most effectively with others and work in the most sustainable, healthy way.

Due to external pressures we often adapt our Pace at work, at home (our leisure life) and in our fitness lives to accommodate what is going on around us. Functioning at a Pace outside our Natural Pace for an extended period of time can lead to 'burn-out' that may manifest in different forms.

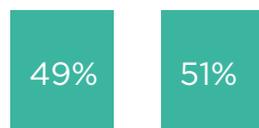
Enjoy reading more about what your Pace is doing today and how you can utilise this awareness to create more energy, sustainability and improve performance across all areas of your life.

Fast Slow Your Natural Pace



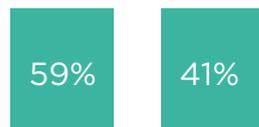
Your responses tell us that you are most likely to have the following balance of developed fast and slow twitch muscle fibres:

Fast Slow Your Current Work Style



Your responses tell us that, at work (or during your regular daily activities), you are most likely to be operating with the following emphasis:

Fast Slow Your Current Leisure Style



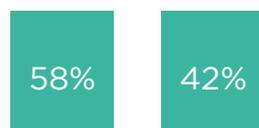
Your responses tell us that, in your leisure time, you are most likely operating with the following energy:

Fast Slow Your Current Fitness Style



Your responses tell us that, your current exercise, is reflecting the following emphasis on your fast and slow twitch muscle fibres:

Fast Slow Your Current Diet Pattern



Nutrition is slightly different than the other scores. While you can be eating with fast or slow habits, overall there are some fundamental changes you can adopt to have a healthier approach to nutrition. Your results tell us that your eating habits are currently reflective of the following outcomes:

Natural

Balanced

Your natural composition of developed fast and slow twitch fibres is approximately 55% Fast and 45% Slow.

You have a reasonably balanced amount of developed fast and slow twitch muscle fibres. This means that you are naturally good at activities that switch between short bursts of energy and longer periods of focus and endurance. You have the ability to train either fast or slow twitch muscle fibres depending on what you want to accomplish.

You tend to:

- Be adaptable
- Generally carry out things with an even pace
- Have a balanced approach to life
- Be flexible in your outlook
- Be open to new ideas

Potential Strengths:

- You have the ability to **do things quickly** if required
- You are often prepared to **see a job through to the end** as long as it does not take too long
- You tend to bring a **balanced energy** to the team or group that makes you seem easy to be around
- You tend to **keep an open mind to change** but you do not often seek out change for change's sake
- You have the ability to adapt to change but tend to **prefer a stable environment** rather than constantly changing one

Potential Challenges:

- You tend maintain an even pace which is a real advantage, however, this may sometimes mean you find it difficult to access the speed required to do something quickly or the stamina to see a long task through to the end
- Your tendency to maintain a balanced approach to change may sometimes be perceived as others as **sitting on the fence**

Work

Balanced Worker

At work or in your normal daily activities your behaviour and choices today reflect that you are trying to maintain 49% fast and 51% slow.

Currently at work, you seem to work in two ways: between short bursts of focus on a project that you can finish quickly, and longer pieces of work that require deeper attention.

You are able to focus for an extended period of time on one thing, and also have the ability to jump between several projects depending on what is required. You feel that you give a good amount of energy to work while not completely over-exerting yourself.

You are good at balance. If you are given too many things to work on at once, you can get overwhelmed. Equally, if you are only given one project you, you can get bored. A combination of these tasks suits you. You like to work in bursts of up to 45 minutes then take a short break.

You tend to work:

- Methodically and steadily but can **also change your speed** to work in short bursts if this is required
- By weighing up how quickly a task needs to be done and then **adapting your pace accordingly**
- With an **even pace** to ensure a job is completed accurately.
- In a role that offers **some variety** but you do not tend to need constant stimulation
- In a **fairly calm environment** but you tend to remain open to new challenges as they provide a change in energy
- You prefer to have a **balance of ongoing projects and a variety of new tasks**
- You are **able to balance competing demands** on your time

Leisure

Balanced Play

In Leisure you are currently exhibiting behaviours that reflect energy levels around 59% fast and 41% slow.

Currently in your leisure time you are mixed between doing lots of activity and relaxing for longer periods of time with a book or in front of the television.

If you have the energy you are likely to get on with multiple daily activities; tidy your house, apartment or room, go for a run, a walk or swim, or to do some shopping, but you are equally you are happy to just focus on one thing at a time.

For example, you may like to sit down and do something that requires longer amounts of attention, such as reading a book, but you are happy to do a few different things throughout your day.

A holiday for you could be either filled with activity or lying on the beach for a week and soaking up the sun. Most likely, you prefer the combination of the two.

Words that may describe you include:

- Achievement
- Flexible
- Consistent

Fitness

Fast Fitness

Today, your exercise is made up of 61% fast and 39% slow focused exercises.

Your fitness mainly includes shorter distances or times but with great speed or intensity. You may include a few longer, or more endurance focused activities, but primarily you spend any exercise time on things that work with your fast twitch muscle fibres.

You are more likely to tire quickly because you are using your fast twitch muscle fibres.

Focusing some of your exercise time on slightly longer times or distances will aide you in changing your shape and improving your general fitness levels.

If you are currently training in this way, you are 'burning' your muscle often, which creates a lot of lactic acid build up. This occurs when you exercise anywhere from 1 to 3 minutes or more and not enough oxygen is sent to the muscles.

It is really important that you warm down after exercise to reduce the muscle cramps and soreness that occurs from lactic acid.

Metabolism

Fast

Your eating habits and metabolism

Metabolism refers to how quickly your body processes the food you eat to provide you with energy.

A fast metabolism means that your body burns food relatively quickly. This has the knock-on effect of your body needing food more frequently. By contrast, a slow metabolism means your body takes a bit longer to burn food and therefore reduces your need to eat as often.

Your responses to our Fast Slow questionnaire give you an indication of your metabolism. Identifying whether you have a fast or slow metabolism can help you to understand the type of food your body requires to maintain its ideal weight.

Your results indicate that you have a fast metabolism.

What your fast metabolism indicates

Your fast metabolism indicates that you tend to:

- Have a more **slender physique**
- Find yourself **getting hungry quite easily**
- **Need to eat frequently**, otherwise you may quickly lack energy and/or become irritable
- Prefer **lighter meals**
- Feel the **need to eat as soon as you get up**: skipping breakfast may leave you feeling light-headed

Given your fast metabolism, you may find that:

- You tend to be able to **eat good fatty food without gaining weight**, eg avocado, nuts, olive oil
- You have the **potential to lose excess weight relatively easily** if required

Overall

Wellbeing

We all have a natural biorhythm (a pace at which our body works at its optimum). Our 'pendulum' swings either side of that natural centre for movement, energy and activity.

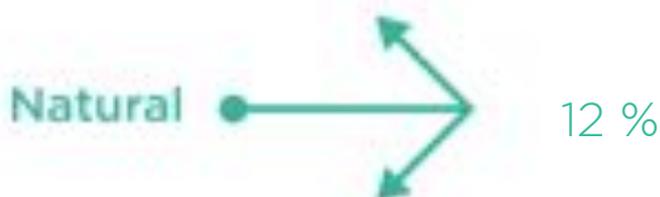
When this pendulum swings too wide, we can find it hard to balance our energy and really get the most out of each aspect of our lives, be that work, home-life or fitness or how we manage our eating habits.

If we can bring our pendulum swing in closer to our natural state, we are able to bring in more energy and focus in all areas of our lives.

Of course, there will be times in our lives when we need to widen our pendulum to create changes in one area of our life. This is usually to accomplish a particular goal.

This may mean putting in more time and effort at work for a period, or in our home lives. It may alternatively mean your fitness and health occasionally require more time or energy, say if you are training for a marathon or an event, or just trying to get healthy again. So long as we can plan on bringing all these things back into a closer spectrum, it is perfectly healthy to widen our pendulum from time to time.

Your Current Swing from your Natural Pace



Most areas of your life including exercise, nutrition, work and leisure are within a reasonable range from your natural 'pace'. This means you are more likely to experience adequate energy in all areas. You know how to manage your lifestyle so that all these things receive your focus.

However, it is likely that you may be experiencing one area that is slightly higher or lower in relation to everything else.

This is about average, but still may find at times that it can be hard to cope with balancing (keeping your energy up consistently) all areas of your life

You fall within the 20% range / swing from your natural centre. This means:

- Your energy levels are reasonably balanced
- You may experience some effects of aging - from trying to managing the two areas that are extreme from one another
- Occasionally feel 'stretched' to accomplish everything you would like to

What Now?

This report is designed to give you an initial insight into your current behavioural choices - to help you to make better business decisions and be more effective.

By understanding where you are now, you can use the tools to help inform the choices you make to navigate your future path.

We recommend re-taking the indicator once per year or whenever your business circumstances change. This could mean a new role, a change of business direction, a new team etc.

But this report is just the start!

Here's how you can get much more value from your indicator result -

For More Insights:

- The Compass platform has a suite of videos and articles all designed to help you use your indicator result in different areas of your business and personal life.
- To watch the videos click here: <https://goo.gl/S8eLCw> to visit the Compass YouTube Channel

For Support:

- We have coaches all over the world helping business people grow, fund and exit their businesses. If you would like to speak to a Shirlaws Coach to get more depth on the concepts and thinking behind each indicator and support you in improving your business and personal performance, please drop us a line at: compass@shirlawsgroup.com

For Using with Colleagues:

- If you would like to explore how you can bring Compass into your business to improve team performance, talk to us about our workshop programme. We run a wide range of training and coaching programmes, starting with an individual workshop and going all the way through to global business roll-outs.
Contact us at: compass@shirlawsgroup.com

For Discussing, Learning and Sharing:

- Share your stories with us and see how others are using Compass indicators by joining the discussion in our LinkedIn group: <https://www.linkedin.com/grp/home?gid=8319169>

