np ADEPTION™

Grow – Perform – Sustain (GPS) Indicator

Perform at a high level without sacrificing wellbeing and health

The pace of modern work and life can be unrelenting. Burnout has become a critical business issue and, if not addressed, the price for both employees and employers is high. So how do you drive results while equipping leaders with the tools to sustain growth and high performance throughout rich and evolving careers?

Learn from Enduring High Performers

In seeking to better understand the patterns emerging between high performance and burnout, Adeption leadership expert Nick Petrie and his team researched enduring high performers including Navy Seals, FBI agents, surgeons, professional athletes, and top business people. His research showed that people who did the best long–term were the ones who learned to balance the intersection of three needs:

- The need to **perform**
- The need to **grow** themselves
- The need to not **burn out**

Gain the Insight to Thrive Long–Term

GPS shares a framework to help leaders focus their energy and gain immediate insights: into how their work experiences and approach to managing work are impacting them now, and how they're shaping their future development trajectory.

My Work Alignment

My Work Alignment score is **Very High**

Motivation Alignment:
Values Alignment:
Combined Alignment Score:

0 1 2 3 4 5

My Work Balance

My Work Balance Score is weighted towards **Growth**

Performance 75/100
Growth 25/100
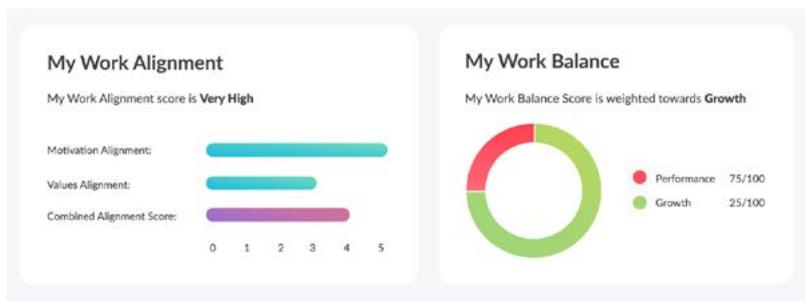
GPS at a Glance

AUDIENCE
Anyone navigating their career in a fast–paced, performance oriented environment

COMMITMENT
10 Minute Assessment
2x 15 Minute Digital Workouts
1 Debrief Workshop

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WHY THIS IS IMPORTANT

The average worker spends more than 2000 hours a year engaged in on–the–job experiences, and only 40 hours on development.

A 2023 survey by Indeed and Forrester of 5026 adults showed that **86%** of people believe happiness at work affects their mood at home, as well as their self–confidence, quality of life, and career trajectory.

Leaders play a big role in creating high performing, constructive environments for their teams by identifying growth opportunities, establishing boundaries, and crafting meaningful work assignments. GPS is a great start.

The Participant Experience – How Does It Work?

ADEPTION™

TAKE THE INDICATOR

Complete the GPS Indicator to get clear on current growth performance balance, and burnout risk.

REVIEW THE REPORT

Receive the GPS report to understand current status, strengths, and opportunities for development.

UNPACK GPS RESULTS

Dig into results, apply learnings, and distill reflections to enable strategic action.

GPS WORKSHOP

Hear and share real world applications on navigating career balance and mitigating burnout risk.

SUSTAIN WORKOUT

Clarify top insights, draw on inspiration, and create a clear action plan to move forward.

What GPS Offers

This is a powerful opportunity for leaders to gain:

- Exceptional clarity into how their current work experiences and approach to work are impacting them now and in the future.
- Valuable tools and insights from other leaders, enabling them to tap into mindsets and methods that support high performance in various contexts.
- Actionable tips to make real world changes and informed pivots based on their values, aspirations, and motivation.
- A full coaching experience to help identify key shifts, take action, and reflect on progress.

GPS is highly scalable for individual and team growth, flexible both as a one–time development boost or as a regular pulse–check to help leaders track progress and continuously level up.

Learn more by bringing GPS to your organization.

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My Burnout Risk

My Burnout Risk is in the **Orange Zone**

2.5

0   0.5   1   1.5   2   2.5   3   3.5   4

A Few Questions We Explore

- How much do you tend to fuse your identity with your work?
- What key values are important to your work, and how aligned are your current work experiences with them?
- To what extent do your projects, assignments, and responsibilities give you a sense of purpose or mastery?
- Do your current projects, assignments, and responsibilities leverage what you are good at, or do they focus you on tasks that you are not yet good at?