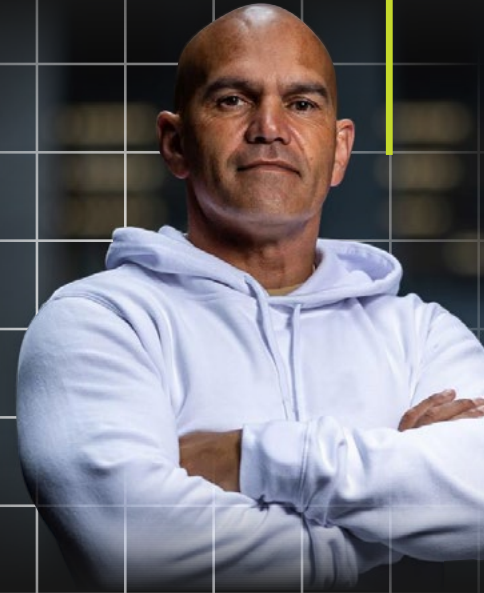


JEFFREY MORGAN | THE MINDSET HEIST ACADEMY

# ARE YOU TIRED, STRESSED & FEELING BURNOUT?



**You're probably seeing it already:**

- More sick days, “mental health days,” and quiet quitting
- Good people checking out emotionally but still turning up on payroll
- Leaders stuck between KPIs and compassion
- Teams drowning in email, meetings, and pressure, but no real progress

**THAT'S NOT  
“BUSINESS  
AS USUAL”.**

That's burnout, stress,  
and disconnection  
slowly eroding your  
organisation from  
the inside.



# WHAT WE TACKLE - THE HIGH-PERFORMANCE PILLARS

Each delivered as keynotes, workshops, or full programs designed to rewire human behaviour at work. Short, sharp, and built for organisations that want results - not fluff.

## 1. STRESS & TIME MANAGEMENT

**From chaos > control.**

**What we tackle:**

- Staff constantly firefighting, Poor prioritisation, Time leaks and pressure fatigue

**Outcomes:**

- Clear daily structure, Decision-making under pressure, More output with less overwhelm

**Success stats:**

- **82% drop** in daily stress markers
- **35% boost** in productivity
- **79% increase** in task completion consistency

## 2. BURNOUT PREVENTION & RECOVERY

**Stop the spiral before it costs you your best people.**

**What we tackle:**

Exhaustion cycles, Emotional fatigue, Early burnout red flags

**Outcomes:**

- Sustainable energy routines, Better load management, Leaders capable of identifying burnout early

**Success stats:**

- **90% reduction** in burnout indicators
- **88% fewer sick days** within 90 days
- **75% improvement** in engagement

## 3. EMOTIONAL INTELLIGENCE AT WORK

**Less reactions, more results.**

**What we tackle:**

- Emotional reactivity, Breakdown in communication, Low self-awareness

**Outcomes:**

- Calm under pressure, Stronger relationships, Clearer communication and lower conflict

**Success stats:**

- **71% increase** in team cohesion
- **68% reduction** in interpersonal conflict
- **44% rise** in staff's ability to regulate emotions under pressure

## 4. HIGH-PERFORMANCE HUMAN BEHAVIOUR

**Behaviour drives performance. We change both.**

**What we tackle:**

- Limiting beliefs, Poor habits and low ownership, Staff who turn up but don't step up

**Outcomes:**

- Extreme ownership, High-performance personal standards, Growth-driven team culture

**Success stats:**

- **95% increase** in personal accountability
- **82% improvement** in follow-through
- **90% increase** in high-performance behaviours

## 5. LEADERSHIP UNDER PRESSURE

**The team can't outperform its leaders.**

**What we tackle:**

- Avoiding tough conversations, Overwhelm under pressure, Culture slipping through the cracks

**Outcomes:**

- Confident high-pressure leadership, Balanced performance + wellbeing, Trust-based communication

**Success Stats:**

- **96% improvement** in leadership confidence
- **62% improvement** in team trust
- **88% rise** in leader effectiveness under stress

## 6. RELATIONSHIPS & COMMUNICATION

**Your greatest asset or your greatest liability - we fix both.**

**What we tackle:**

- Miscommunication, Gossip, blame, silent resentment, Teams that avoid conflict instead of resolving it

**Outcomes:**

- Clear, direct, no-drama communication, Respect and accountability, Teams that can disagree without breakdown

**Success stats:**

- **68% reduction** in internal conflict
- **74% faster** conflict resolution
- **59% improvement** in cross-team collaboration

## 7. CULTURE, SAFETY & BELONGING

**People perform when they feel safe.**

**They hide when they don't.**

**What we tackle:**

- Disconnection, Low morale
- Toxic micro-behaviours

**Outcomes:**

- Strong, values-driven culture, Psychological safety without dropping standards, Staff who feel seen, heard, and accountable

**Success stats:**

- **73% increase** in team morale
- **71% improvement** in retention
- **80% lift** in culture alignment

One habit. One choice. One breakthrough at a time.



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# HOW WE WORK WITH YOUR ORGANISATION

A fast, effective, no-BS process built for real results.

## 1. Discovery & diagnostic

Staff pulse check, Leadership consult, Identify stress points, culture cracks, and performance barriers

## 2. Targeted workshops

Online or onsite, Focused on your biggest issues, Tools implemented that same day

## 3. Implementation & accountability

Behavioural frameworks for staff & leaders, Monthly coaching options, Systems embedded into daily operations

## 4. Data, Reporting & ROI

Before/after measures, Stress, morale, performance & culture metrics, Clear reporting for executives, boards & funders

# WHO WE ARE

I'm Jeffrey Morgan, from 20 years in jail as a bank robber to building 7-figure businesses turning destructive to constructive through bulletproof mindsets and helping organisations across Australia rebuild their people from the inside out, breaking free from the prison behind their own eyes.

Starting from being homeless at 12, abused as a kid, growing up on one of Australia's most notorious streets, having a brother & sister die by suicide and both parents to cancer Jeff has the runs on the board to show the exact roadmap to of Leadership, Stress & Time management, unconscious to conscious high performance behaviours, Emotional Intelligence & Burnout turning chaos to clarity, confusion to calmness & excuses to elevation. This is the home of discipline, accountability, ownership & responsibility, no fluff, no BS!

Our work lives where mental health, performance, and human behaviour collide.

We don't do fluffy wellbeing days.

We rewire culture, one human at a time.

## "IF I CAN, YOU CAN"



One habit. One choice. One breakthrough at a time.



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