

**richard@geewiz.co.nz**

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**From:** Richard Gee  
<richard@geewiz.co.nz>  
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**To:** richard@geewiz.co.nz  
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2021.....

coaching?  
that Will Change Your Life  
g a reality around the globe  
Gee  
velopment?  
en more often than you think.....  
s changed our business methods

coaching ?

assist and guide the business owner in running a business by helping them clarify the vision of their  
s in  
als.

a process used to take a business from where it is now to where the business owner wants it to be.

not consulting, and it's also not therapy - it's right between the two.

h is someone you can trust that has the acumen to be able to diagnose specific and systemic issues in

gth to wait for you to deliver on the solution instead of jumping in and doing it for you.

a relationship.

go for guidance, support, and challenge so you can figure out what's in the way of creating the

not just about having a trusted guide, they also have to have the right map.

e that Will Change Your Life

EATE AND FOLLOW GOOD DAILY HABITS.

E BELOW THEIR MEANS.

E TO READ.

ALIZE THE IMPORTANCE OF DEVELOPING AND MAINTAINING RELATIONSHIPS –

THEY DON'T NECESSARILY LIKE.

OID PROCRASTINATION.

E GREAT LISTENERS.

N'T RELY ON LUCK.

E MENTALLY TOUGH.

BE A COACH.

**ing a reality around the globe (100 percent productivity in 80 percent of the time for 100 percent  
ure of work has arrived.**

ovement has steadily picked up speed over the three years since Andrew Barnes designed the  
economic model  
ivity in 80 percent of the time for 100 percent pay) and trialled it at Perpetual Guardian.  
re, and how, the movement is gaining traction.

o, the 4 Day Week was at a global tipping point, exciting but still largely theoretical; now, it's a reality,  
rom Spain that the  
ting a nationwide trial of a 4 Day Week. Maybe NZ could follow suit?

e pilot programme, the government has agreed to a proposal from political party Más País to allow  
ing workers' hours

government is likely to cover 100 percent of companies' costs for the first year, 50 percent for the  
percent for the

s external) movement has steadily picked up speed over the three years since I designed the  
economic model  
ivity in 80 percent of the time for 100 percent pay)

terest in, and activity around, the 4 Day Week has brought me into a quasi-political role at home and

ss leaders in Spain and with senior politicians in New Zealand, the UK and elsewhere; and am helping  
ek  
visory boards of the US and Ireland 4 Day Week campaigns and the board of the newly created  
entre at

t 12 months have refocused leaders on solving problems by changing how people work.

s announced its plans to introduce new labour codes and rules that will give flexibility to companies  
our-day working

here, global accounting firm PwC will shift most of its 8,000-strong workforce in Australia to a 4 Day

es who have children have the option to take a leave of absence and receive 20 percent of their normal

o six months); all employees are permitted to set aside "protected" hours of the day for family reasons,  
ssignments;  
s are available including \$2,000 in child or elder care reimbursement.

Week campaigns and activities are amassing political, corporate and public support – a few examples:

nd(link is external) is advocating for a transition to a shorter working week for all public and private

enefits of the 4 Day Week to the executive team of Unilever New Zealand; it subsequently made the  
aff to a  
hange in pay, and we are also discussing the movement with its head office.

bly reported a 39 percent increase in productivity from a 4 Day Week trial.

Target Publishing(link is external) was able to reinstate pay and retain a 4 Day Week after temporary lockdown.

of economic development, human health and climate crisis that requires as drastic a change as the when it was

the tipping point – the social and economic trend was already moving in favour of the 4 Day Week – of the pandemic mean we are now seeing in real time the importance of government and business at worker pay, to the benefits of a productivity-focused, reduced-hour model for human well-being, business climate crisis.

work has arrived.

om

founder of 4 Day Week Global and the founder of Perpetual Guardian.

**Gee**

**entoir**

**anager to keep your team performing**

**entoring to increase performance <https://awarenow.io/book/richardgee>**

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**rmation on [www.geewiz.co.nz](http://www.geewiz.co.nz)**

**ness coaching to stimulate your strategy planning**

**p training for your staff**

**es manager and executives**

**ok from the website**

**m solving**

**velopment**

s development to achieve your goals, then let us talk.

s change, a new direction or is releasing new products and services, or perhaps preparation for selling s talk.

out making decisions, and that is where I can assist to help you make the best decisions to grow your n cover most areas.

nce in running my own businesses and consulting to over 2,000 clients, that knowledge is yours to use to

ssues facing your business today.

marketing and leadership, but in the world of practical development I help with much more and motivate nave

testimonials for comment and feedback.

nally also help with export development and my own exporting experience around the world (now 34 asis to

decisions.

**en more often than you think.....**

when the heart is deprived of oxygen due to a blockage in one of the coronary arteries that supplies

when a build-up of fat, cholesterol and other substances forms a plaque in the arteries, in a process

osis.

ks away, it can form a clot that interrupts the flow of blood carrying oxygen throughout the body.  
d flow to the heart, the heart muscle starts to die.

atal. It is vital to get treatment as soon as possible to restore blood flow to the heart and prevent further

mpptoms of a heart attack are:

ching sensation in the chest or arms that can spread to the neck, jaw or back

heartburn or abdominal pain

udden dizziness

be one or a combination of these symptoms. Symptoms can also differ between men and women.

perience the same symptoms, the chest pain most commonly felt by male heart attack victims may not  
able.

likely to experience the other symptoms of heart attack unrelated to chest pain.

cks can be sudden, some people experience symptoms and warning signs hours or even days in  
urrent chest pain

rtant to see a doctor immediately if you suspect a heart attack.

of a heart attack is atherosclerosis, which can display no symptoms, but there are risk factors that  
of developing it.

cannot be changed.

t disease increases with age.

higher risk of heart attack, but women are more likely to die from a repeat heart attack than men.

ities have a higher risk.

amily member has had a heart attack, you may be at increased risk.

ctors can be changed or managed. These include:

ou enjoy and check your self out for risk and those around you.....

**s changed our business methods**, changed our staff, changed our interaction with customers.

differently hold different kinds of meetings, have work from home sites and some of our

are no longer

covery in

way with airlines opening up destinations and travel again. Covid controls are still in place

them now and await the next set of govt requirements to comply.

hip on handling change and learning from Covid lock downs which are

s at all.Those who adapt change and

me winners faster. Review your business and decide what you can

Covid influences.

ction plan and get started sharing the vision with your team.

on recovery for Business yet we have not vaccinated every person

social gatherings and still encourage

everywhere they go in case it has to be used in a emergency.

by more than 25000 readers in New Zealand, Australia, Singapore, Malaysia, Vietnam, India, Samoa, Fiji, New Caledonia, USA, Germany, Canada, United Kingdom, South Africa, Dubai, France, Norway, Finland, Brazil, Chile, Mexico, Japan, Korea, Taiwan, China. Your feedback is always welcomed.

organised by Richard Gee of GEEWIZ GROUP PROFESSIONAL SPEAKERS NZ LIMITED



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Freephone: 0800 GEEWIZ or 0800 433 949

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