

EMPWRD



EMPWRD : Elevating People & Performance

A multi-module personal and professional development program for elite athletes and high-performance teams.

EMPWRD equips people with the tools, habits, and mindset to thrive in all areas of life. The program strengthens self-awareness, builds leadership capability, develops high-performance routines, and supports career readiness. Participants clarify their personal “WHY” and gain practical strategies to optimise performance, enhance wellbeing, and create meaningful pathways for the future.

The program is broken up into **seven (7) core modules**. The modules focus on the following key areas :

Self-Awareness, through DISC behavioural profiling and “Me Mapping,” participants gain a deeper understanding of their natural and adapted styles, personal values, and internal drivers. This foundation strengthens communication, teamwork, and self-leadership; skills essential in fast-moving or high-pressure environments.

Leadership development, delivered through the Four-Stage Leadership Series, this component builds emotional intelligence, self-leadership, collaboration, and effective decision-making. Participants learn how to positively influence others and lead constructively through challenge, change, and complexity.

High-Performance habits, participants explore routines, mindsets, and daily practices that support sustainable performance, resilience, and recovery. This holistic approach enables individuals to manage demands effectively, protect wellbeing, and consistently show up as their best selves.

Career Development, using vocational exploration, planning tools, and network-building strategies, participants align future pathways with their strengths and aspirations. The module empowers them to navigate transitions and prepare for long-term, meaningful career success.

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EMPWRD is designed for anyone committed to personal growth and high performance. Its goal is simple: Unlock potential, elevate performance, and support lasting growth; personally, professionally, and beyond.

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DISC PROFILING

A behavioral assessment that categorises how people tend to act and communicate into four styles.

DISC is a globally recognised behavioural profiling framework that helps individuals and teams better understand how they communicate, make decisions, and perform under pressure by identifying four core behavioural styles ;

Dominance, Influence, Steadiness, and Conscientiousness.

DISC provides a practical, easy-to-apply language for improving leadership effectiveness, team dynamics, and performance outcomes. Used for over 50 years by corporations, professional sports organisations, and leadership programs worldwide, DISC enhances self-awareness, strengthens collaboration, and aligns people to roles where they can perform at their best.

Its simplicity, reliability, and real-world applicability make it a powerful tool for building high-performance cultures.

By understanding how behaviour differs from person to person, individuals can better recognise how their actions impact performance, relationships, and outcomes.

DISC profiling helps participants to:

- Develop greater self-awareness
- Communicate more effectively with others
- Build stronger relationships
- Understand how individuals best contribute within a team
- Optimise team dynamics and collaboration
- Support mentoring, leadership growth, and personal development



WHO WE ARE

Meet the team leading the EMPWRD Programs.



Barbara Kendall. MBE.CNZM.OLY

Chief Facilitator

For 40 years, Barbara Kendall has been an inspirational icon and trailblazer for New Zealand sport on and off the field of play. She dominated her sport of windsurfing for 25 years.

She has a Gold, Silver and Bronze Olympic medals and 11 World Championship medals.

From 2005 to 2016 Barbara was a member of the International Olympic Committee Athletes Commission advocating for the rights of Athletes, Women and Oceania's voice on many different International Commissions and executive boards for the betterment of Global Sport.

Barbara continues to work in Global sport and currently is a member of the International Olympic Committee Diversity and Equity Commission, Events Commission and the Global master educator for the IOC Career+ outreach program working with athletes before, during and after sport.

During her time with the IOC, she sat on numerous commissions (including the Athletes' Commission, Women and Sport, and others) and advocated strongly for athletes' rights, gender equity, athlete career support and leadership development within the Olympic Movement, helping create programs like Athlete 365 Career+ and strengthening athlete representation globally.



Bruce Kaider

Director

Bruce Kaider is a highly respected sports agent, entrepreneur, investor, and business leader with more than two decades of international experience across Australia, the United States, Europe, and Asia. As Founder and CEO of ONE Sports and Entertainment (ONESE), Founder of EMPWRD, and Founder of ONE Private Wealth, Bruce operates at the intersection of talent, capital, and opportunity helping athletes, creators, and business leaders build enduring success.

Through ONESE, Bruce advises elite athletes, coaches, and brands on strategy, commercial partnerships, media positioning, and long-term value creation. Beyond representation, Bruce is an active investor and strategic advisor across high-growth sports, wellness, and performance sectors. He serves as an investor and advisor to PTP, one of Australia's leading sports performance equipment brands; CMBT, an emerging plant-based health and supplementation business; and Talon Esports, a premier global esports organisation competing across Asia's top professional leagues.

Bruce is widely regarded for his integrity, commercial acumen, and relationship-driven approach. His unique blend of global experience, legal and business education, and client-first philosophy has established him as a trusted advisor and advocate across sport, entertainment, and investment communities.

He holds a Bachelor of Arts in Sports Administration, a Master of Commerce, and a Master of Business Law.

MODULES

Unlock Potential. Elevate Performance. Empower Futures.

The list of the high-performance development programs designed for individuals & teams.

1

MODULE 1

Know yourself. Own your impact

Get to Know Your Behavioural Style with DISC

DISC is a simple but powerful tool that helps you understand how you communicate, make decisions, and respond under pressure.

In this module, you'll explore your natural and adapted behavioural styles and learn what they mean for your relationships, teamwork, and performance.

2

MODULE 2

Lead from the inside out

Discover What Leadership Really Means

Leadership begins with knowing yourself. In this module, participants explore the foundations of authentic leadership; understanding personal strengths, values, and the motivators that shape decisions and behaviour.

Through reflective tools like **Me Mapping**, individuals define their unique leadership style and identify the areas where they can continue to grow and develop.

3

MODULE 3

Strengthen Team Dynamics & Culture

Moving fro ME to WE

This module focuses on the shift from individual awareness to collective effectiveness. Participants explore the core elements that shape strong team environments - communication styles, trust, rapport, team values and inclusion and learn how these factors influence performance.

Using **DISC as a team-mapping tool**, individuals analyse how different behavioural styles interact, how strengths and blind spots show up across a group, and what this means for team effectiveness. This insight helps teams communicate more clearly, collaborate more smoothly, and align around a shared vision.

MODULES

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MODULE 4

Leadership Toolkit – Communicate, Connect & Lead with Clarity

Practical Tools for Leading with Confidence

This module introduces a set of everyday leadership tools designed to strengthen connection, communication, and composure. Participants explore how to use power thoughtfully, build genuine rapport, and communicate in ways that are clear, intentional, and easy to understand.

The module also develops deep listening skills and helps leaders recognise stress signals - in themselves and others - so they can respond with calm, clarity, and confidence in high-pressure moments.

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MODULE 5

Empowered Leadership Let Loose

Define Your Vision and Lead with Authenticity

This module helps participants connect deeply with who they are as leaders by exploring personal vision, team vision, and the impact they want to create. Through tools like **Ikigai**, individuals uncover their “why” the intersection of what they love, what they’re good at, what the world needs, and what they can contribute.

By aligning personal direction with team goals, participants build a sense of clarity, focus, and meaning that strengthens motivation and long-term performance.

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MODULE 6

High Performance Habits : Getting Into the Zone & Flow

Build the Habits That Help You Perform at Your Best

This module explores what it takes to get into the **zone** - that state of deep focus and flow where performance feels natural and effortless. Participants learn practical tools to help them reach this state more consistently, including **breathwork**, mental training techniques, and strategies for managing energy throughout the day.

A strong focus is placed on “**filling your tank**” understanding what boosts energy, what drains it, and how to maintain balance under pressure. Through guided reflection, individuals gain clarity on the habits that help them stay centred, productive, and ready to perform.

MODULES

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MODULE 7 **Career Direction : Align Your Path**

Create Clarity Around Your Future

This module helps participants build a clear sense of career direction by aligning their values, interests, skills, and personal “superpowers” with meaningful vocational pathways. By understanding what motivates them and where their strengths create the most impact, individuals gain confidence in shaping a career that feels authentic and energising.

Participants also explore their transferable skills, recognising how their experiences can open doors across different environments and industries. The module provides practical tools for maximising opportunities through mentors, networking, and supportive relationships, helping individuals grow their professional ecosystem and expand what's possible.

PROGRAMS

EMPWRD Transition Readiness Program

A focused, future-ready development program designed to support individuals navigating career changes, new opportunities, or major life transitions.

Program Overview

The **EMPWRD Transition Readiness Program** is a **four-session intensive**, designed to equip you with the self-insight, clarity, and strategic tools needed to confidently navigate your next chapter - personally or professionally.

- Understanding your DISC profile and behavioural patterns
- Situational uses and practical applications of DISC
- Align your next steps with values, strengths, interests, and superpowers
- Identify and articulate transferrable skills
- Build meaningful mentorship and support networks
- Discover who you are, clarify your WHY and map your personal pathway forward

	TOPIC	WHAT YOU'LL LEARN
Module 1	Know Yourself	<ul style="list-style-type: none"> • The four behavioural styles within the DISC model • The difference between your natural and adapted style • Real-life applications of DISC in teamwork, leadership, and high-pressure environments
Module 2	Learn from the Inside Out	<ul style="list-style-type: none"> • What leadership is – and what authentic leadership looks like • How to identify your strengths, values, and key drivers • Using DISC as a Me Mapping tool to visualise your Leadership style • Where you're most effective and where your development opportunities lie
Module 5	Leadership Let Loose	<ul style="list-style-type: none"> • Define and align personal and team vision • Understand how purpose and impact drive motivation and commitment • Use Ikigai to uncover your “why” and shape authentic and fulfilling leadership • Shape an authentic leadership approach for everyday life, work, and personal direction • Begin planning your future with confidence and intention
Module 7	Align Your Path	<ul style="list-style-type: none"> • Align career choices with your values, interests, skills, and strengths • Identify and communicate your transferable skills with clarity • Learn how mentors, networks, and relationships support career development

PROGRAMS

EMPWRD Leadership Essentials Program

A practical, five-module intensive designed to elevate leadership capability through self-awareness, effective communication, and team collaboration.

Program Overview

The **EMPWRD Leadership Essentials Program** is a **five-module development experience** that strengthens leadership skills from the inside out. Participants build self-awareness, understand behavioural patterns, refine communication, and gain practical tools to lead confidently in any environment.

- Build self-awareness by understanding your behavioural style, strengths, drivers, and values
- Communicate more clearly and adaptively across different personalities
- Identify team strengths, gaps, and patterns using DISC to improve collaboration and performance
- Sustain performance and presence through challenge and pressure
- Align your leadership with purpose, vision and personal “WHY”

	TOPIC	WHAT YOU'LL LEARN
Module 1	Know Yourself	<ul style="list-style-type: none"> • The four behavioural styles within the DISC model • The difference between your natural and adapted style • Real-life applications of DISC in teamwork, leadership, and high-pressure environments
Module 2	Learn from the Inside Out	<ul style="list-style-type: none"> • What leadership is – and what authentic leadership looks like • How to identify your strengths, values, and key drivers • Using DISC as a Me Mapping tool to visualise your Leadership style • Where you're most effective and where your development opportunities lie
Module 3	Moving from ME to WE	<ul style="list-style-type: none"> • Understand the elements that drive effective team dynamics and culture • Use DISC to analyse team strengths, gaps, and patterns that influence performance • Build rapport and adapt communication across diverse personalities • Make decisions with clarity, confidence and intention
Module 4	Leadership Toolkit	<ul style="list-style-type: none"> • Use power thoughtfully to build trust and psychological safety • Communicate with clarity, intention, and rapport • Strengthen deep listening for better understanding and connection • Recognise stress signs and respond calmly under pressure
Module 5	Leadership Let Loose	<ul style="list-style-type: none"> • Define and align personal and team vision • Understand how purpose and impact drive motivation and commitment • Use Ikigai to uncover your “why” and shape authentic and fulfilling leadership • Shape an authentic leadership approach for everyday life, work, and personal direction • Begin planning your future with confidence and intention

PROGRAMS

EMPWRD Masterclass Program

A comprehensive personal and professional development journey designed to elevate clarity, confidence, and capability in all areas of life.

Program Overview

The **EMPWRD Masterclass Program** is a **seven-module intensive** that equips you with the tools, insights, and strategies to navigate personal growth, leadership, career direction, wellbeing, and purposeful decision-making.

This program supports you to:

- Build deep self-awareness using DISC, Me Mapping, and reflective frameworks
- Recognise natural vs. adapted behavioural styles and how they shape your choices
- Communicate more clearly and work effectively with diverse personalities
- Strengthen team dynamics and contribute positively to culture
- Develop practical leadership tools grounded in authenticity, values, and purpose
- Create high-performance habits that support sustainable wellbeing
- Explore future pathways aligned with your strengths, interests, and values
- Identify transferable skills and build supportive mentorship networks
- Lead yourself and others with clarity, intention, and impact

PROGRAMS

EMPWRD Masterclass Program

A comprehensive personal and professional development journey designed to elevate clarity, confidence, and capability in all areas of life.

	TOPIC	WHAT YOU'LL LEARN
Module 1	Know Yourself	<ul style="list-style-type: none"> The four behavioural styles within the DISC model The difference between your natural and adapted style Real-life applications of DISC in teamwork, leadership, and high-pressure environments
Module 2	Learn from the Inside Out	<ul style="list-style-type: none"> What leadership is – and what authentic leadership looks like How to identify your strengths, values, and key drivers Using DISC as a Me Mapping tool to visualise your Leadership style Where you're most effective and where your development opportunities lie
Module 3	Moving from ME to WE	<ul style="list-style-type: none"> Understand the elements that drive effective team dynamics and culture Use DISC to analyse team strengths, gaps, and patterns that influence performance Build rapport and adapt communication across diverse personalities Make decisions with clarity, confidence and intention
Module 4	Leadership Toolkit	<ul style="list-style-type: none"> Use power thoughtfully to build trust and psychological safety Communicate with clarity, intention, and rapport Strengthen deep listening for better understanding and connection Recognise stress signs and respond calmly under pressure
Module 5	Leadership Let Loose	<ul style="list-style-type: none"> Define and align personal and team vision Understand how purpose and impact drive motivation and commitment Use Ikigai to uncover your “why” and shape authentic and fulfilling leadership Shape an authentic leadership approach for everyday life, work, and personal direction Begin planning your future with confidence and intention
Module 6	Getting into the Zone & Flow	<ul style="list-style-type: none"> Understand the principles of flow and how to get into the performance zone Learn breathwork and brain-training tools to stay calm, focused, and present Build sustainable energy-management habits to stay at your best Strengthen reflective practices to support ongoing growth
Module 7	Align Your Path	<ul style="list-style-type: none"> Align career choices with your values, interests, skills, and strengths Identify and communicate your transferable skills with clarity Learn how mentors, networks, and relationships support career development