

# PEAK POLITICAL PERFORMANCE

First thing is first: thank you for your tremendous service to society. Seriously. Being a leader in politics comes with a unique set of challenges that are only elevating in intensity. Resource constraints are real. The media doesn't sleep (and neither do you). Technology is changing the way we live, work and play – and fast. There are infinite requests, readings and events while time is finite.

Second, we've been there. **We've got your back and are fiercely committed to helping you lead at peak performance and feel great while doing it.**

## HERE'S HOW.

Imagine if POLITICO, Harvard Business Review, Fast Company and Mindful joined forces, each one offering its most astute, tried and true best practices to holistically optimize your performance? Well. That's us. We blend our 10+ years of political experience with evidence-based practices from the worlds of political intelligence, authentic leadership, neuroscience, and wellness to accessibly optimize performance while cultivating well-being.



## SAMPLE OFFERINGS



### Planning for Transition

What's next: Legacy planning, agenda setting, administration transitioning, pivoting from candidate to legislator, crafting your winning and high-performing team, road mapping your #First100Days? Novos leverages your existing strengths and identifies gaps to develop strategies for high impact and sustained growth. We use organizational development and effectiveness tools, political organizing strategies, design thinking and exercises from elite athletics.



### Post-Election Reboot

A mounting body of science concludes that well-being is vital for our effectiveness as leaders. Wellness is proven to reduce stress, improve decision making, strengthen interpersonal skills, focus strategy and build resiliency—especially after the intensity of the campaign season. Novos creates accessible, focused spaces for leaders, teams and organizations to reset from the campaign season. We help you cultivate balance, visualize future states and create goal-oriented, measurable action plans in service to the greater good.



### (Mindful) Political Leadership Labs

Research on mindfulness's positive benefits on well-being and performance is substantive – and mounting. It's no wonder mindful leadership training is on the rise from private companies like Google, in our schools, among world champion athletes and even in the military. Brief moments of pause can have transformative effects on real time stress, innovation, decision making and communication. We introduce mindfulness principles and guide you through "in action" practices through in-lab and self-paced practice, interactive exercises and "mindful" coaching.



### Coaching

Leadership and political coaching are highly confidential, solutions-focused thought partnerships that help emerging, appointed and seated political leaders and teams function at peak levels to best lead their communities. Mindful of your high stakes environment, we help you specify your goals, create actionable plans and take the necessary steps to achieve (and exceed) them.



## ABOUT NOVOS CONSULTING

Novos Consulting is a civic-minded organizational strategy and coaching consultancy operating at the intersection of politics, organizational effectiveness, innovation and health. We help leaders, teams, organizations and collaborations through strategic changes (literally 'novos') that benefit the greater good. Our clients represent complex sectors and are fiercely dedicated to solving today's most important challenges.

### IMPACT

At Novos, we leverage your vision, mission and values with existing strengths and strategic objectives to customize a design that optimizes leader, team and organizational performance specifically within the complex realities of political life. Our past engagements range from 20 minute TED-style talks and 60 minute workshops to multi-day strategy sessions, retreats, large-scale initiatives and talent development learning labs. **Here is a little taste of who we've worked with and where we've been, specifically, within the political space:**

United States Office of the Secretary of Defense Policy  
United States Air Force  
United States Embassy of Turkey  
Organizing for Action  
Alameda County Administrator's Office Diversity Program  
Peralta Community College District  
International City/County Management Association  
League of California Cities  
Women in Government  
Young Elected Officials Network  
Democracy.com

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