



A close-up, low-key photograph of a hand holding a key in a lock. The lighting is dramatic, highlighting the textures of the skin and the metal of the key and lock. The background is dark and out of focus.

THE UNLOCK MOMENT

discover your purpose and prepare
for your next leadership role

with Dr Gary Crotaz, PhD



Doctor
Consultant
Dancer
Strategy Director
Coach



A close-up, low-key photograph of a hand holding a key inserted into a lock. The lighting is dramatic, highlighting the textures of the skin and the metal of the key and lock. In the foreground, another key is visible, slightly out of focus. The overall mood is one of precision and access.

Emmy Award-winner
Topaz Adizes

GENERAL KNOWLEDGE

TRUE OR FALSE

- 1. The Great Wall of China is visible from space.
- 2. The Earth is the only planet in our solar system with a large body of liquid water on its surface.
- 3. The Eiffel Tower was built in 1889.
- 4. The capital of France is Paris.
- 5. The largest city in the world is Tokyo.
- 6. The longest river in the world is the Nile.
- 7. The smallest country in the world is Vatican City.
- 8. The largest country in the world is Russia.
- 9. The most spoken language in the world is English.
- 10. The most populated country in the world is China.

SHORT ANSWER

- 1. What is the capital of the United States?
- 2. What is the largest planet in our solar system?
- 3. What is the longest river in the world?
- 4. What is the smallest country in the world?
- 5. What is the largest country in the world?
- 6. What is the most spoken language in the world?
- 7. What is the most populated country in the world?
- 8. What is the largest city in the world?
- 9. What is the longest mountain range in the world?
- 10. What is the largest ocean in the world?

Pop quiz time!

If you feel you live your purpose at work,
how much more likely are you to....

describe yourself as resilient

2x

4x

6x

If you feel you live your purpose at work,
how much more likely are you to....

describe yourself as resilient

2x

4x

6x

If you feel you live your purpose at work,
how much more likely are you to....

describe yourself as healthy

1.5x

2x

4x

If you feel you live your purpose at work,
how much more likely are you to....

describe yourself as healthy

1.5x

2x

4x

People who feel they live their purpose at work are

6x

more likely to report feeling resilient

4x

more likely to report feeling healthy

6x

more likely to want to stay in their job

1.5x

more likely to want to go above and beyond

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Catalynt CEO
Megan Gluth-Bohan

A close-up photograph of a hand holding a key in a lock. A magnifying glass is positioned over the key, highlighting its details. The background is dark and out of focus.

Q1

In order to understand the person you are today,
where would we need to start in your story?

Q2

What's a remarkable moment of clarity
in your life or career
when you suddenly figured out the path ahead?



Like pebbles on a beach
we are all unique

A 3D rendered maze with a central path leading to a bright light at the end of a tunnel-like structure. The walls are covered in intricate, repeating geometric patterns. The floor is a complex maze of raised and recessed paths. A single, straight path leads from the foreground towards a bright light at the far end of the tunnel.

There are always multiple paths

And only you can decide yours



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WD-40 CEO and Chairman
Garry Ridge



Olympic Gold Medallist
Joe Jacobi

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World-Leading Executive Coach
Alisa Cohn

A close-up, dimly lit photograph of a hand holding a key in a lock. The key is inserted into the lock, and the hand is positioned to turn it. The lighting is dramatic, highlighting the textures of the skin and the metal of the key and lock. The text "A final thought" is overlaid in a bright yellow font across the center of the image.

A final thought

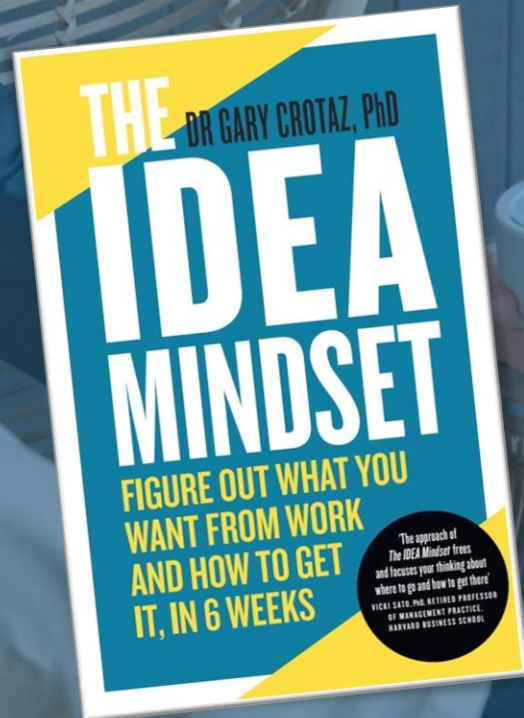
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World-Leading Strengths Coach
Maika Leibbrandt



THE UNLOCK MOMENT

DR GARY CROTAZ, PhD



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major podcast platforms



A close-up, low-key photograph of a hand holding a key in a lock. The lighting is dramatic, highlighting the textures of the skin and the metal of the key and lock. The background is dark and out of focus. The text "Thank you" is overlaid in the center in a bright yellow, sans-serif font.

Thank you