



# High performance under pressure

Renzie Hanham QSM and Andrew Hastie have joined forces to help organisations and their people optimise their performance.

We will provide you with the knowledge and tools to build resilience, adopt a growth mindset and perform at your full potential when the pressure is on, no matter what your field.



**Renzie Hanham QSM**

**Renzie** is an internationally renowned martial arts instructor and mental skills practitioner. He helps elite sports teams and individuals perform, and developed the widely acclaimed Red-Blue mind model with Dr Ceri Evans, which has been used by many organisations including the All Blacks.



**Andrew Hastie**

**Andrew** is a Partner at Nexia New Zealand where he provides businesses with strategic advice to help them develop and grow. He is also a former Black Sticks hockey player and national coach and selector with an impressive list of sporting achievements to his name.

**Together, Renzie and Andrew offer a unique skillset with strong business acumen, extensive coaching experience, and in-depth knowledge of the psychological factors that influence success. They are based in Christchurch and can visit your team in person, run sessions at Nexia's Victoria Street office, or they are available for webinars and Zoom calls.**

## How we can help

<b>Coaching</b>	Sessions performed over time are far more effective at driving change than single, one-off events. We can design a series of customised coaching sessions to help individuals or small groups enhance their performance. We structure our coaching programs around your specific goals, and we set detailed action plans with measurable KPIs to help participants achieve them.
<b>Workshops</b>	Whether you're looking for a comprehensive one-off training workshop, or a series of educational workshops to introduce and reiterate ideas, we can help. We will equip your participants with the right skills and strategies to tap into their high performance potential.
<b>Speaking</b>	Renzie and Andrew are inspirational keynote speakers and can educate, energise and motivate your participants. They can present on a range of topics related to performance, leadership and wellbeing, while weaving in interesting stories from their extensive sporting and corporate careers.



## We design bespoke sessions and programs based on your unique requirements

### Audiences:

- Leadership
- Management
- Business
- Sport
- Education
- Government

### Topics:

- High performance
- Building resilience and managing pressure
- Cultural change
- Mental health and wellbeing
- Leadership
- Motivation

We're always happy to discuss your needs, and we can tailor our services to meet your budget while helping you achieve your goals.

**Please get in touch on 03 379 0829 or  
at [enquiries@nexiachch.co.nz](mailto:enquiries@nexiachch.co.nz)**

## About the Red-Blue model

The Red-Blue model was developed by Dr Ceri Evans and Renzie Hanham. It was originally designed for the London-based company, Gazing Performance. Dr Evans was one of the founders of the company and both he and Renzie are directors. It provides strategies for dealing with pressure so that people can perform at their best.

Red is the feeling of being tight, overwhelmed and tense, whereas blue is being calm, clear and accurate. The key is to make use of the red energy and move back to the blue. This involves a variety of techniques to help maintain clarity, anticipate potential diversions and develop strategies to remain effective. It has been used by top athletes and elite sports teams including the All Blacks, as well as by leaders in business, education and the military.

**"The knowledge and skills learnt were very significant in our confidence and mindset throughout the finals. There is no doubt the mental strength of the group and their trust in one another, was the strongest it has been during my time as coach."**

**Sir Graham Henry,  
Former All Black Coach**

## About Nexia New Zealand

Nexia New Zealand provides the full range of accounting and advisory services, with specialist audit, tax and insolvency teams. With offices in Christchurch and Auckland, we are also part of Nexia International, the eighth largest group of independent accounting and consulting firms worldwide.

## Renzie Hanham QSM

Renzie is an internationally renowned teacher of martial arts. He has over 60 years' experience as a martial artist and is a black belt in judo and an eighth degree black belt in Seido Karate, and one of three senior instructors in the world in that art. In 2012, he was awarded a The Queen's Service Medal for services to karate, and he has been inducted into the World Martial Arts Halls of Fame, as well as the New Zealand and Australian Martial Arts Halls of Fame.

Renzie specialises in working with people under pressure. Along with forensic psychiatrist Dr Ceri Evans, he has developed several frameworks, including the Red-Blue mind model, that have been used internationally in business, sport, education and the military. He is a director of the London-based company, Gazing Performance, which has global reach and uses the models as the basis of their training.

He has provided advice to New Zealand Olympic and world champion athletes, and has worked with elite sports teams and individuals including the All Blacks, Crusaders, Canterbury men's and women's rugby teams, the Silver Ferns, English Rugby Union and NZ Triathlon, as well as coast to coast winners, and world champions in adventure racing, croquet and Seido Karate. He currently works with the sports scholars programme at Lincoln University.

In addition, Renzie has had an extensive career as a graphic designer where he has run his own business, and lectured at tertiary level in design and illustration. He has also been a judge at the New York Art Directors' Club's International Awards.

## Andrew Hastie

Andrew is a Chartered Accountant and a Partner at Nexia New Zealand. He provides businesses with strategic advice to help them develop and grow. Helping reduce the stress of managing a business is an area he particularly enjoys helping clients with. Andrew is highly personable, values emotional intelligence and likes to connect with individuals to understand their motivations and mindsets. He uses the Red-Blue model to help people perform at their best while under pressure.

Andrew played for the New Zealand men's hockey team, known as the Black Sticks, from 1996 until 2000, earning a total of 68 caps during his career. During this time, he represented New Zealand at the 1998 Commonwealth Games in Kuala Lumpur and at the 1998 Men's Hockey World Cup.

Following this, he spent several years playing professionally in the Netherlands as well as coaching. After moving back to New Zealand, he was assistant coach of the Black Sticks, manager of the Black Sticks, and assistant coach of the Junior Black Sticks where he led them to finish fourth in the Junior World Cup – New Zealand's best finish ever. During his time coaching the Canterbury Cavaliers men's hockey team, they won an unprecedented eight medals over ten seasons, including a national title – a record they haven't beaten since. He is currently assistant coach of the Canterbury Cats.

"I can warmly recommend Renzie Hanham to anyone considering his professional services. I have known him for many years, in which he has helped me and my company in various different ways. He is completely professional, trustworthy and honest. He's thoroughly experienced and multitalented, with a fine understanding of human motivation. Faith in him is very well placed."

**Michael Brown,**  
Director, Skillset New Zealand

"Thank you to Hanshi Renzie for your decades of insight, care and humour. I have lost count of the thousands of hours we have sat together, but I have never lost sight of your original thinking, nor of our partnership in developing the Red-Blue model."

**Dr Ceri Evans,**  
Forensic psychiatrist and author of  
the book *Perform Under Pressure*

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