

Energy

Optimize Your Performance

Managing energy is essential to performance. But too many individuals, teams and organizations fail to realize what and who they give their energy to and why. As a result, they feel exhausted and burned out, with no energy reserved for what matters the most. Yet they know they are capable of something better.

Audiences We Serve

- C-Suite
- Sales & Marketing
- Learning & Development
- HR & Talent Management
- Women In Leadership
- High Potential Teams

What You'll Learn

- The 5 Dimensions of Energy
- An energy management framework to align mission, vision and core values
- Awareness of the barriers that compromise peak performance
- Tools to strengthen resilience and mental fitness

PROGRAM MODULES

MODULE 1: Auditing Your Energy

MODULE 2: Seeking the Important

MODULE 3: Aligning with the Important

MODULE 4: Setting Your Energy Clock

PROGRAM ENGAGEMENT OPPORTUNITIES

- **Signature Program** 8 Hours
- **Accelerated Workshop** 4 Hours
- **Condensed Pilot** 1 Hour
- **Custom** Available By Request

Voice Of The Customer

"If I could describe the Energy workshop in one word it would be refocus. It was a great opportunity for us to boil down where our challenges are, and to be able to work together in a personal yet professional environment, to help each other through some of the daily challenges we have keeping up with all that our industry demands."

– David VandeLinde, Executive Director, Hyundai

1-Hour Energy Course



Optimize Your Performance

How often do you feel drained and exhausted at the end of the day? Do you struggle with prioritizing what matters most to you as you respond to everyone else's urgencies? In the face of 24/7 demands and distractions, we can feel like there aren't enough hours in the day and that burnout is inevitable.

Through this course/keynote, we'll learn why energy impacts our performance in all areas of our lives, make the connection between what we do daily and what is most important, and learn how to expand our energy capacity through training.

Audiences We Serve

- C-Suite
- Sales & Marketing
- Learning & Development
- HR & Talent Management
- Women In Leadership
- High Potential Teams

PROGRAM TOPICS

Why Energy Matters

Demand vs Capacity

Time vs Energy

5 Dimensions of Energy

3 Key Performance Factors

- Training
- Mindset
- Purpose

Inspirational Call to Action

Training Outcomes

- A strategic approach to maximize energy
- Tools to navigate common barriers that can compromise performance
- Clarity around values and who we are at our best
- A framework to align our energy with our schedules and priorities
- Tools to strengthen resilience in the face of life's demands



4-Hour Energy Course

Optimize Your Performance

How often do you feel drained and exhausted at the end of the day? Do you struggle with prioritizing what matters most to you as you respond to everyone else's urgencies? In the face of 24/7 demands and distractions, we can feel like there aren't enough hours in the day and that burnout is inevitable.

Through this four-hour course, we'll learn why energy impacts our performance in all areas of our lives, make the connection between what we do daily and what is most important, and learn how to expand our energy capacity through training.

Audiences We Serve

- C-Suite
- Sales & Marketing
- Learning & Development
- HR & Talent Management
- Women In Leadership
- High Potential Teams

What You'll Learn

- The 5 Dimensions of Energy
- An energy management framework to align mission, vision and core values
- Awareness of the barriers that compromise peak performance
- Tools to strengthen resilience and mental fitness

PROGRAM TOPICS

PART 1: Auditing Your Energy

- Why Energy
- Capacity vs. Demand
- 5 Energy Dimensions
- 3 Key Performance Factors
- Stress for Success
- Physical Energy Toolkit

PART 3: Aligning with the Important

- What's Important
- Energy & Alignment Audit
- Managing External Distractions Toolkit
- Managing Internal Distractions
- Emotional Energy
- Toolkit for Mental & Emotional Training

PART 2: Seeking the Important

- Your Values
- Reflection: What's Your Purpose

PART 4: Setting Your Energy Clock

- Your Energy Management
- Final Thoughts

8-Hour Energy Course

Optimize Your Performance

Managing energy is essential to performance. But too many individuals, teams and organizations fail to realize what and who they give their energy to and why. As a result, we feel exhausted and burned out, with no energy reserved for what matters the most. Yet we know we are capable of something better.

Audiences We Serve

- C-Suite
- Sales & Marketing
- Learning & Development
- HR & Talent Management
- Women In Leadership
- High Potential Teams

What You'll Learn

- The 5 Dimensions of Energy
- An energy management framework to align mission, vision and core values
- Awareness of the barriers that compromise peak performance
- Tools to strengthen resilience and mental fitness

PROGRAM TOPICS

PART 1: Auditing Your Energy

- Why Energy
- Capacity vs. Demand
- Time vs. Energy
- Gainers and Drainers
- 5 Energy Dimensions
- Physical Energy Toolkit
- 3 Key Performance Factors
- Stress for Success

PART 2: Seeking the Important

- Your Values
- You at Your Best
- Reflection: What's Your Purpose
- Capture Your Life Purpose Statement

PART 3: Aligning with the Important

- What's Important
- Energy & Alignment Audit
- Reflection: My Alignment Audit
- Managing External Distractions
- Managing External Distractions Toolkit
- Managing Internal Distractions
- Emotional Energy
- Toolkit for Mental & Emotional Training

PART 4: Setting Your Energy Clock

- Your Energy Management
- Organizing Your Calendar for Optimal Energy
- Your Ideal Week
- Executing and Protecting Your Energy Clock
- Final Thoughts