

# 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

1. **Signature Program** (8 Hours)
2. **Accelerated Workshop** (4 Hours)
3. **Condensed Pilot** (1 Hour)

### 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