



Managing Personal Energy for Optimum Performance

Who Would Benefit

Senior delegates in a leadership capacity who experience feelings of overwhelm and at times, depleted energy reserves. Even though you may be utilising a range of organisational and time management tools, these are ultimately not the key to optimum performance. Energy, not time, is the fundamental currency of high performance. Optimum performance, health and happiness are grounded in the skilful management of personal energy.

Objective

By the end of the programme, you will understand how to manage your own energy and help manage the energy of those around you in order to foster full engagement within your organisation.

Content

- The addiction of “busyness” – what it’s really doing to you and your organisation
- The Four Energies:
 - Intellectual – the energy of your thinking, analysis, logic and rationality.
 - Emotional – the energy of human connection and relationships
 - Spirit – the energy of vitality, being alive and in touch with what you care about
 - Physical – the energy of action, making things happen, being alert and maintaining concentration and commitment
- Exploration of exactly what is contained within these energies and how they are manifesting within you
- What to do to enhance any of the energies that are depleted
- The energies in your organisation – what happens when any one energy is present in excess and how to achieve a balance across all four
- How to help manage the energies of others so that they are fully enrolled in bringing their ‘whole energetic selves’ to the benefit of the organisation
- Fixed and Growth mindsets – how people with fixed mindsets can become a negative influence whereas those with growth mindsets generate a spirit of optimism and possibility thinking.
- The one word that can start to shift a fixed mindset across to becoming a growth mindset
- Planning to create a culture of high performance expectations and delivery, whilst reducing stress, overwhelm and negativity

Duration

One day intensive programme that can be extended and deepened

CPD hours

Attendance of this course awards up to 6 CPD hours where you consider it relevant to your professional development needs