

Length: 1.5-2hrs

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Energy stimulates progress. Energetic employees and leaders are often more productive, meet goals, boost team morale, and have an overall positive influence on organizational culture. How can one identify sustaining/draining energy sources, and apply this knowledge to maximize productivity?

This workshop shares key steps to maintaining optimal energy levels, avoiding fatigue and preventing burnout - with energy management principles to boost self awareness, improve personal effectiveness, and enhance performance. Content includes:

- Energy, Organizational Culture & Positive Work-related states
- Understanding different types of energy
- Mental Energy - Develop a strong mindset | Intense Focus | Self Motivation | Resilience | Creativity and the value of authenticity
- Physical Energy - Strength, Endurance & Flexibility Emotional Energy - Connecting with one's purpose | Being fully present
- Run Thy Race, Know Thy Pace - Understanding Natural Energy Rhythms
- Performing an Energy Audit - Identifying Sustaining & Draining Energy Sources
- Digital Detoxing - Achieving balance between Productivity, Constructive Rest & Passive Rest
- Creating the optimal environment for peak performance

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.

Energy Management Training