



Energy Management for Full Engagement

The secret to getting things done efficiently isn't better time management.

Your performance, health, and happiness are grounded in how well you manage your energy – not your calendar! No matter how strategic a time manager you are, without knowing how to use your energy, you still will feel drained, disconnected, and discouraged. Imagine what your day would be like if you could feel naturally energized and motivated, while being productive.

Learning groundbreaking energy management skills can change how you work and live – leading to higher levels of performance and renewal! This interactive training will teach participants how to feel more physically energized, emotionally connected, mentally focused, and spiritually aligned.

ADDITIONAL TRAINING DETAILS

LENGTH: Customizable to be 2-6 hours depending on team size and desired learning outcomes

INVESTMENT: Starting at \$1,500 for a two-hour session

NEXT STEPS: Recommended to follow up with Executive Coaching for Managers and Team Leaders