

Managing priorities has never been more challenging than in today's hybrid work environment where our professional and personal lives are suddenly integrated. Burnout is at an all-time high and we often believe that "if we just had more time," we could accomplish everything. But to truly optimize results and attain fulfillment in life and work, it's imperative to look beyond time. This engaging workshop will empower you with perspective and tools to **jump-start your journey to better energy management!**

## WORKSHOP DETAILS

### *Target audience*

This workshop is valuable for any employee challenged with balancing competing priorities & everyday demands

### *Time Investment*

- 1.5 - 2 hours
- Live or virtual classroom

### *Workshop Features*

- Small group discussion & assignments
- Individual reflection & action planning
- Take-away toolkits and worksheets
- Designed to be practical, interactive, memorable ... and a little bit BOLD!

Proudly offered in partnership with  
**Ellis Performance Solutions**



## LEARNING OBJECTIVES

### *Workshop participants will ...*

- Perform a personal **energy audit** to discover your location within the the four zones of energy: burnout, survival, renewal & performance
- Discuss the four sources of **renewable energy**: physical, emotional, mental & spiritual
- Embrace the role of **Chief Energy Officer** and discover a variety of rituals that **renew energy** and drive performance
- Develop a personal **work/life effectiveness strategy** that prioritizes participation in moments that matter, personal growth and renewal
- Learn to **focus, inspire and sustain** energy to maximize personal performance and fulfillment!