



Corporate Performance Energy Maximization Program

Unlike time, which is finite, energy is not. Energy comes from 4 main components: physical, emotional, mental, and spiritual. All 4 components can be systematically expanded and regularly renewed by establishing specific rituals. Managing Energy is the fundamental currency and leads to “Peak Sustainable Performance.” This workshop will introduce the “Corporate Athlete Mindset” program to help clients see themselves creating a lifestyle that promotes engagement that helps you keep performing at your best without sacrificing your health, your happiness, or your passion for life. Great leaders are stewards of organizational energy. They must manage their own energy first and then mobilize, focus, invest, channel renew, and expand the energy of others.

Program Includes:

- **Initial Burnout Test**
- **2 Hour Starter Workshop**
- **Develop An Energy Change Process**
- **3 1-Hour Accountability and Change Group Sessions**

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People and Money Follow Energy!!!