

Corporate Performance Energy Maximization Program



Unlike time, which is finite, energy is not. Energy comes from 4 components: physical, emotional, mental, and spiritual. Managing energy is the fundamental currency and leads to “Peak Sustainable Performance”.

INCLUDES:

- 1 Initial Burnout Test
- 2 2 Hour Starter Workshop
- 3 Develop an Energy Change Process
- 4 Three 1-Hour Accountability and Change Group Sessions

This workshop will introduce the “Corporate Athlete Mindset” program to help clients create a lifestyle that helps you perform at your best without sacrificing your health, happiness, or passion for life. Great leaders are stewards of organizational energy.

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