



Get in the Groove

Resilience Strategies for Breakthrough Results

Now more than ever, we are being pushed beyond our capacity even when we love what we do. Sometimes we compromise and give up the things we enjoy most just to keep up. This approach can lead us to feel chronically tired and overwhelmed. So, what's the answer to this dilemma?

Skillful energy management. Because unlike time, energy can be renewed and expanded. This powerful experience is based on over 25 years of our work with more than 10,000 executives, managers, and individual contributors.

Get in the Groove is:

- Science-based
- Highly interactive
- Fun and engaging

When implementing workshop concepts, participants will:

- Get more done in less time
- Increase efficiency and accuracy
- Boost creativity
- Leverage effective new resilience strategies
- Develop a personalized strategy for increased productivity, energy and happiness

Participants learn by:

- Self-reflection of personal resilience practices
- Knowledge sharing in paired and group activities
- Understanding what subtly fuels and drains energy
- Receiving resources to continue the learning and support

Content areas include:

- Define personal sources of energy:
 - Physical – How you take care of your body
 - Emotional – How you take care of how you feel
 - Focus – What you pay attention to
 - Purpose – What really matters to you
- Discover untapped sources of expansive energy
- Leverage the science of high performance to get more done in less time

Get in the Groove is delivered as an interactive virtual experience, a classroom workshop, and/or an individual or group coaching experience. Workshop duration depends on desired outcomes.

We look forward to helping you and your organization *Get in the Groove*!