

Performance Energy:

Supporting People leaders and their teams while working through COVID-19



Physical Energy



Emotional Energy



Spiritual Energy



Mental Energy

The blueprint to support your people's wellbeing and performance

During this unprecedented time, which of these resonate with you?

- A curtailment of control;
- Maintaining a clear head while others react emotionally; or
- Balancing the "here and now" with bigger picture thinking?

How about these when it comes to your people?

- Challenged to maintain your team's energy at the ideal level;
- Seeing people struggle - and not being able to help; or
- Not being able to see if your people are struggling - and not being able to help?

And what about yourself - do these resonate?

- Reassessing and resetting priorities - at work and at home;
- Managing the new pressures and maintaining performance; or
- Managing knee jerk reactions to the situation



Never in our time have Human Resources had to deal with such a Human Crisis. Especially as commercial pressures mount.

Support you and your people to be at their best.

Performance Energy

is a combination of a people risk management strategy, wellness programming and performance enhancement strategy all mixed into one.



Reassess objectively new work habits and techniques.



Remind people what habits to embed to help them be at their best.



Reinforce that if you don't take care of yourself, you can't take care of others.

The program is ideal for organisations and teams who want to:

Support the wellbeing of their people with a framework to change support or evolve current EVP;;

Put their people in the best position to maintain or augment performance levels;

Empower their people to work at their ideal energy levels; and

Ensure focus and decision making abilities are maximised.

Following the program, participants have experienced:



Confidence to employ strategies to balance pressure and performance;

Clarity on how to be more efficient and effective;

Higher levels of resilience;

Ability to "reset" quicker when things are not on track; and

Greater ability to lead their teams through uncertainty.

What a Performance Energy session can look like:

Overview of how performance and pressure are related;
Review the different types of energy that help people be at their wellness & performance best;
Objective assessment of personal performance energy levels;
Identification of strategies to manage acute or chronic stress; and
Ability to change ways of working to help leverage the best of all people.

Program options include:

 <p>Interactive webinar delivery for employees, customers or members.</p>	 <p>Delivery and facilitated discussions for teams.</p>	 <p>1:1 performance energy coaching.</p>
 <p>Accelerated leadership lead or train the trainer programs.</p>	 <p>Strategic consolidation of wellness initiatives into a performance energy framework.</p>	 <p>Bespoke options to meet your needs.</p>

Support materials

Depending on your choice of program, additional support materials can be provided to embed the learnings across organisations, teams and leaders, including:

Insights from experts, including dietitians and personal trainers;
Leader and Participant booklets;
Podcasts and videos to further support learning; and/or
Individual and team tools to support ongoing discussions.





About Adrian Baillargeon

A behavioural consultant, a team and leadership coach or your biggest supporter. Whatever you want to call him, you will struggle to find someone as passionate as Adrian to help energise organisations to make meaningful progress through the power of their people.

With over **19 years** of corporate experience in **beverages**, **financial services** (health insurance, travel insurance, general insurance), **health and care**, **amateur sport**, **pharmaceuticals and oil & gas**, Adrian Baillargeon has worked in marketing, sales, risk and JV management teams across Canada and Australia. He also somehow ended up in Tunisia and Cameroon coaching for Major League Baseball.

Across all of his experiences, Adrian has seen the best and the worst when it comes to individuals and teams working together to drive results.

Now an international speaker, facilitator and executive coach, his in-depth knowledge of challenges that come within the corporate world, family life and “chasing the dream” allows him to relate to audiences from the moment he steps into a room, onto a stage or on a screen. His energetic yet calm and relatable approach (that’s the Canadian in me he says) provides audiences with some of the latest research from global organisations on team dynamics, setting oneself up to succeed within a team, thought-provoking activities and personal development insights. He not only inspires leaders and their people, he also provides them with tools and tips to use in the ever-changing challenges of life and work.

Please contact Adrian to discuss how he can help energise your team.