



PERFORMANCE ENERGY

HELPING YOUR PEOPLE BE AT THEIR BEST



BUILDING RESILIENCE TO DRIVE GROWTH

I like to say working with teams is like listening to music. When you have a good song (or team), it motivates you, gives you an extra bounce in your step, and you want more of it. If it's a terrible tune (or team), it isn't enjoyable, and you can't wait to shut it off.

However, before you can get the team listening to great tunes, each individual needs to know what music they like and how to get more. Or rather, each individual needs to know what they need to be at their best and ensure it's consistently near the top of their to-do list.

As the world throws our work environment into a whirlwind, individuals have had to deal with higher levels of uncertainty, stress and fatigue than ever before. The WHO now recognises burnout as a medical phenomenon; mental health issues are on the rise, and managing pressure and stress is as critical as it's ever been.

Ensuring one can work at their ideal energy level is good for one's wellbeing, and it's good for your business.

A 10-year study has shown that organisations whose leaders can work more often at their ideal energy levels outperform their counterparts and are much better equipped to deal with ambiguity, change and uncertainty.

A Performance Energy program provides a structured approach for leaders to support themselves and their teams to build resilience, manage uncertainty more effectively and work towards keeping their energy levels right where they should be.

If you are interested and the time is right, then let's have a chat.

Cheers,
Adrian



BENEFITS FLAGGED BY PARTICIPANTS



Greater ability to perform through stress, pressure and uncertainty.



Ability to reset quicker when things are not on track with practical tips and reminders.



Increased confidence to employ strategies to balance pressure and performance;



A common language amongst teams to understand what each person needs to be their best and keep each other accountable.



The opportunity to re-evaluate how you can innovate our lives on a professional and personal level.



Organisers have said I am low maintenance, easy to deal with and make their jobs easier. That's a win for you.



HOW PERFORMANCE ENERGY WORKS

Delivery Formats

Performance Energy can be delivered face to face or virtually in various formats.

T

Interactive
conference
talks (75-120
minutes)

W

Facilitated 1/2
and full day
workshops

V

Virtually-
delivered
webinars

TtT

Train the
trainer
programs

O

On-demand
online journeys

What we go over

- Overview of research that supports the benefits of people working at their ideal energy levels more often;
- Understanding of how stress and pressure works for - and against - one's performance;
- Review the four different types of energy that help people be at their best;
- Objective self-assessment of personal performance energy levels;
- Identification of strategies to manage acute or chronic stress;
- Ability to change ways of working to help leverage the best of all people; and
- Embedding performance energy through leadership practices.

All sessions are designed to deliver CARE - connection, awareness, reflection and high levels of engagement. Content can also be catered to address current challenges and opportunities.



WHAT OTHERS ARE SAYING

"Adrian's understanding of the challenges our people faced, along with his own energy and passion helped our leadership team be able to support our staff across the country. The tools he shared made me feel like I could help them, even though I couldn't be with them."

Jeremy Schwartz, Regional Head, Biogen Canada

"Adrian's Performance Energy has become our common language at work to understand what we each need to be our best and to keep each other accountable to make time for it every day. Can I give more than five stars."

Leonie Mayson, Head of Internal Comms, The Reece Group, Australia New Zealand

"The Performance Energy workshop was a great experience and I could not wait to bring some of what I learned back to my team. Adrian makes his content engaging, relatable and is a dynamic presenter. I would highly recommend engaging him to seek out opportunities to take your team to the next level."

Leon Bournier, Director of Sales and Client Development, iTracks Canada

"Highly, highly, highly recommend. Without question, Adrian is ridiculously talented at what he does. Since his session a week ago, we have all taken steps to manage our stress, build resilience and support each other. That's a first. Usually, after a workshop, it's just back to business as usual."

Sam Nicolaides, Managing Director, Scriibi, Australia

"Adrian is a powerful and engaging facilitator and goes above and beyond. Adrian's passion and drive for improving the way teams operate is next to none."

Heidi Clarris, GM of CX, Strategy and Advocacy, Aruma Australia

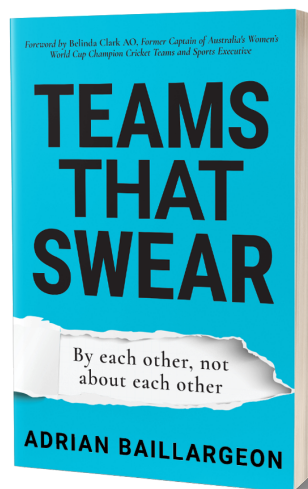
"Adrian's enthusiasm was addictive, and I think turned around even the hardest minds! Definitely, an inspiring person to work with and a stand out from a lot of other team building sessions I have been involved with in the past."

Simon Fraser, Senior Direct Marketer, Woolworths Group, Australia



NEXT STEPS

Let's have a chat and see if the approach and timing is right for you.



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ABOUT ADRIAN BAILLARGEON

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

With over 20 years of corporate experience across pharmaceuticals, health and care, health insurance, general insurance, oil & gas, and beverages, author Adrian Baillargeon worked in marketing, sales 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 teams working together to drive outstanding results. He has been involved with mergers, downsizing, expansion and received national and global organisation awards in previous roles.

Now a speaker, facilitator and coach, his in-depth knowledge and experience of working in businesses allow him to relate to business and people challenges without the traditional corporate approach. His energetic 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, energy and resilience drivers, thought-provoking activities and personal development insights.

Adrian loves helping organisations re-learn, rethink and realise their performance and play a role in creating higher performing teams who “swear by each other and not about each other.”