



Achieve Peak Performance with Personal Energy Management

Manage your Energy and Perform Optimally

► Upcoming Sessions

22-26 Jul 2024	Dubai - UAE	\$5,950
02-06 Sep 2024	London - UK	\$5,950
04-08 Nov 2024	Dubai - UAE	\$5,950
03-07 Feb 2025	Dubai - UAE	\$5,950
19-23 May 2025	Barcelona - Spain	\$5,950
21-25 Jul 2025	Dubai - UAE	\$5,950
01-05 Sep 2025	London - UK	\$5,950
03-07 Nov 2025	Dubai - UAE	\$5,950

► Training Details

Training Course Overview

Reflecting on our workdays, it's not uncommon to realize that we haven't accomplished all our daily goals. Energy fluctuations throughout the day often lead some of us to rely on excessive coffee consumption as a solution. However, a healthier and more effective approach involves managing our energy levels and structuring tasks accordingly.

In this training course, participants will delve into personal energy management, assessing their individual energy requirements. The course also emphasizes the connection between motivation and energy levels. Achieving a state of flow results in heightened energy, inspiration, and intrinsic motivation.

Given the demanding nature of the workplace, characterized by continuous cost-cutting and resource constraints, the need to accomplish more with less is ever-present. Effective organization and strategic scheduling are essential to meet deadlines. Low energy levels not only impact mental clarity but can also lead to forgetfulness and delayed decision-making. By tuning into our bodies' signals, we can optimize productivity and consistently perform at our best.

Training Course Objectives

By the end of this Anderson training course, you will be able to:

- Be more aware of how energy works and how to manage personal energy
- Apply a set of new behaviours and habits in your everyday tasks
- Identify the things that energizes you personally
- Effectively utilize the tools to remain energized at work
- Understand the different energy needs

- ▶ Optimize your daily tasks and boost productivity and performance

Designed For

This Anderson training course is suitable to a wide range of professionals but will greatly benefit:

- ▶ Professionals who want to improve their own levels of energy
- ▶ Anyone who has a goal to work smarter in the modern workplace
- ▶ Leaders who have an interest in the well-being and resilience of team members
- ▶ Anyone who wants to achieve personal and career growth
- ▶ Decision makers who manage a big workload and strict deadlines
- ▶ Professionals who want to be more effective and reach their full potential

Learning Methods

To enhance learning we utilize proven adult learning technology and methods that will result in maximum retention and application. This includes interactive and experiential learning activities, presentations, discussion, assessments, videos, team practice exercises and case studies.

▶ Training Details

Day One: How does Energy Work?

- ▶ What is the definition of personal energy?
- ▶ What is meant by personal energy management?
- ▶ Why is managing energy important
- ▶ What is more important, managing energy or managing time
- ▶ How your energy impacts others
- ▶ How external events impact you

Day Two: The Four (4) Core Energy Needs

- ▶ What is meant by core energy needs?
- ▶ Physical energy explained
- ▶ Emotional energy explained
- ▶ Mental energy explained
- ▶ Spiritual energy explained
- ▶ How are these energy needs linked?

Day Three: Individual Energy

- ▶ The emotional energy matrix
- ▶ Your own unique energy sources
- ▶ What motivates you personally?
- ▶ How is motivation linked to energy management?
- ▶ Analyze my lifestyle
- ▶ Analyze my daily habits

Day Four: Listening to our Bodies

- ▶ What does it mean to “listen” to your body?
- ▶ Dangers of not managing your energy
- ▶ Track your energy levels
- ▶ Early signs of energy drops
- ▶ The signs of burn-out
- ▶ Taking care of yourself

Day Five: Energy Management in Leaders

- ▶ The emotional energy matrix
- ▶ 10 Ways to become and remain energized
- ▶ How to boost productivity
- ▶ Tools to optimize your day

- ▶ Be the energetic leader that delivers peak performance
- ▶ Leading an energetic team to peak performance

▶ The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

▶ INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

Email: inhouse@anderson.ae

Anderson
Executive Development Centre

P.O Box 74589, Dubai, United Arab Emirates

Web: www.anderson.ae

Email: info@anderson.ae

Phone: +971 4 365 8363

Fax: +971 4 360 4759

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