



Achieve Peak Performance with Personal Energy Management

Manage your Energy and Perform Optimally

► Upcoming Sessions

20-24 May 2024	Barcelona - Spain	\$5,950
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

► Training Details

Training Course Overview

When we look back at what we achieved during a workday, we sometimes realize that we didn't manage to meet all our daily goals. We often have energy fluctuations during the day and some of us drink more coffee to solve this problem! There is a better and healthier solution to maintain energy levels through the day and to structure our daily tasks around our personal energy system.

In this training course, participants will learn about personal energy management by evaluating their energy needs. It also creates awareness of the link between motivation and energy. When we are in a state of flow, we feel energized, inspired and naturally motivated.

The workplace is demanding and with ongoing cost-cutting and scarce resources, we are expected to do more with less. This means that we need to be really organized and plan our schedules to meet deadlines. When energy levels are low, it also affects us mentally and our brains become foggy which can lead to forgetfulness and delayed decisions. By listening to our bodies, we can boost productivity and perform at our best, all of the time!

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

▶ INFO & IN-HOUSE SOLUTION

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

Call us: +971 4 365 8363

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

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