

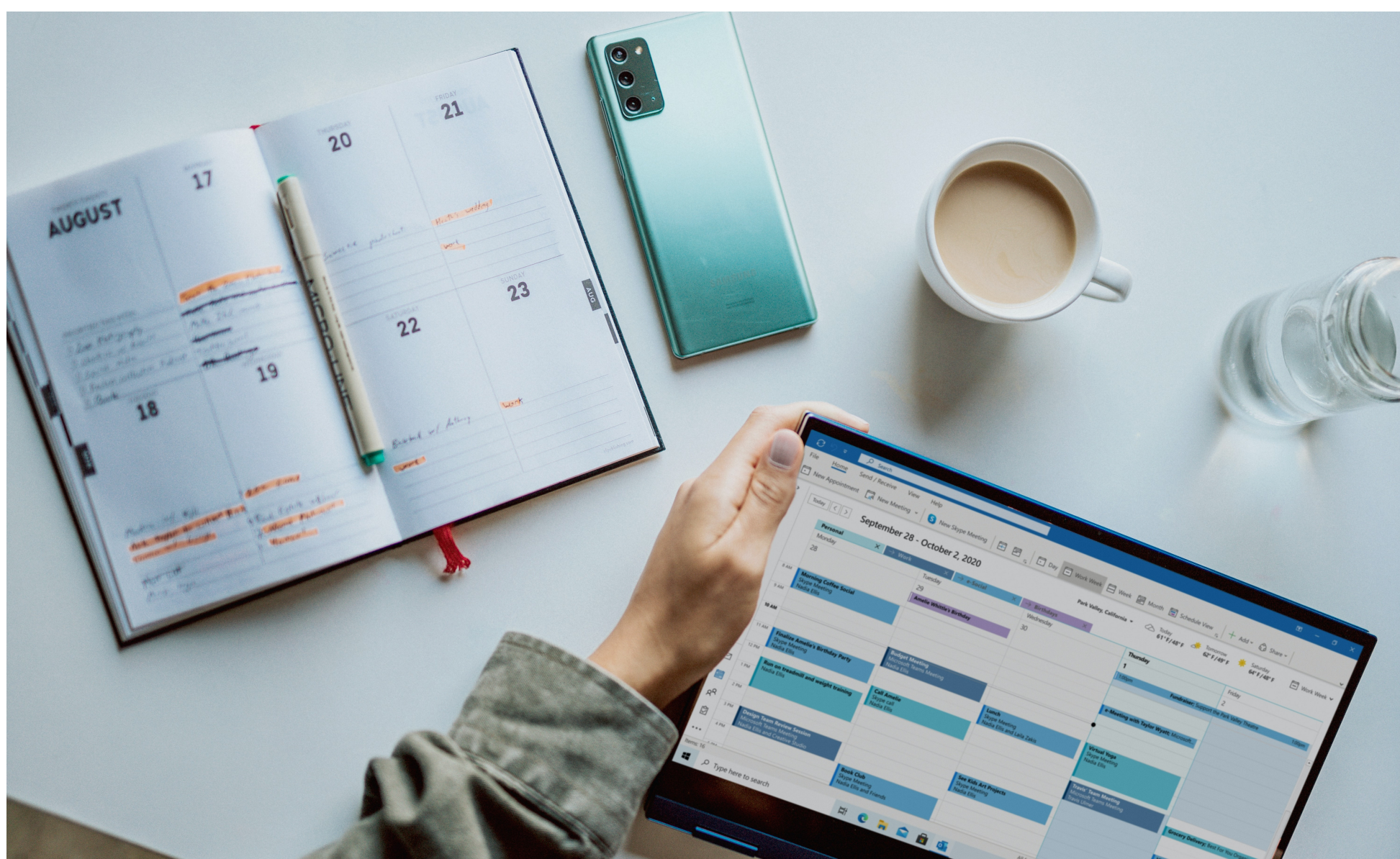


ENERGY MANAGEMENT

THE POWER OF ENERGY RENEWAL

Everyone deserves to feel their best. It's time to stop feeling like you are being pulled in a million directions and start optimizing your energy to reach your peak performance!

When you fully understand the demands placed on you and your available resources, then it is easier to ruthlessly prioritize to maintain your energy. This training session helps you establish more balanced mindfulness, as well as formulate better personal boundaries.



WHAT WE OFFER

Our expert facilitators at inclineHR® are proud to offer a three-part training series on energy management to help participants become more mindful and establish balanced priorities.

Our training includes fun and dynamic learning opportunities, including real-time feedback and practical exercises, to ensure pull through and real-world application.

This training session can be delivered both virtually and in-person.

PART 1: PRINCIPLES

- Understand the importance of physical, emotional, mental, and spiritual capacity
- Learn how to set better personal boundaries
- Discuss the merits of oscillation and energy renewal

PART 2: APPLICATION

- Engage in a personal energy audit
- Learn ruthless prioritization techniques to increase mindfulness
- Review tips, tools, and coping strategies to improve your energy management

PART 3: FIELD STUDY (OPTIONAL)

- Discuss the success of your personal energy audits
- Acknowledge setbacks and build your team's communication skills
- Track your team's progress and share your wins!