

# Energy Management

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There is a constantly increasing demand on employees to work faster and harder. The task is to help employees build a bigger reservoir of energy to draw upon. The supply of energy needs to surpass the demand so people come to work full of enthusiasm and go home with energy to spare. Each employee needs an abundance of energy for change, growth and safety.

High energy employees have the vitality to thrive while facing the demands of the job. With strength of conviction, flexibility of mind and practiced endurance they are able to marshal a variety of resources to meet today's challenges. They schedule time to recharge their batteries with exercise, recreation and supportive companionship. When faced with adversity they maintain a healthy attitude. They firmly believe they can always positively alter circumstances. They develop problem solving skills that allow them to foresee new possibilities.

A company's economic strength, vitality, productivity and international competitiveness depend on its capacity to build and maintain a quality work force. The goal of Energy Management to empower the employees with the skills to succeed.

## Sample Topics

- Expanding Sources of Energy Recharging your Batteries
- Wise Investments and Synergy
- Generating an Abundance of Energy
- Discovering What Energizes You
- The Craft of Using Feelings as Fuel
- Opening your Energy Centers
- Personal Energy Audit
- Energizers & Exhausters
- Mutual Energy Exchanges
- Emotional Self Defense
- Finding Free Energy
- Rest, Repair and Recreation
- Eliminating Energy Blocks
- Resiliency & U-Turns
- Thriving on Change
- Identify & Reduce Energy Drains
- Keeping the Spirit Bright
- Prioritize and Systematize
- Working Smart versus Harder
- Stress & Time Management Skills
- Wellness & Self Care
- Mental & Emotional Fitness
- Creative Problem Solving
- The Power of Appreciation
- Power Generators
- Raising Motivation Levels
- Energy Action Plan

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