

Full Engagement: Building A Greater Capacity for Life Program Summary

Energy management, not time management, is the fundamental basis of a full capacity for life. This program will help participants live their life with fulfillment in all areas of meaning. They can stay physically energized, emotionally connected, mentally focused, and spiritually aligned with purpose each day. This will allow their workplace needs to be met and their maximum contribution to be fully expressed.

Participants will:

- Become more aware of their personal energy patterns.
- Recognize their blocks to maintaining energy.
- Assess their measures of energy; quantity, quality, focus and force.
- Get clear on their values.
- Build rituals to fit their purpose.
- Make a daily plan to maintain energy capacity.

Program Outline

Truthfully Assessing Your Energy Capacity
The 4 Principles of Energy Management -
Optimizing the quality, quantity, focus and force of your energy
How to expand and recover through rhythmicity and oscillation
Pacing and disengaging
The energy cost of thoughts, emotions and behaviors
How to balance renewal and expenditure
Addressing your barriers to full engagement
Developing an energy building strategy