

Manage Your Energy, Not Your Time

Key to high performance and personal renewal

The core problem with working longer hours is that time is a finite resource. Energy is a different story.

Organizations are demanding ever-higher performance from their workforce. People are trying to comply, but the usual method--putting in longer hours--has backfired. They're getting exhausted, disengaged, and sick. And they're defecting to healthier job environments.

“Longer days at the office don't work because time is a limited resource. But personal energy is renewable”, says Schwartz and McCarthy.

By fostering deceptively simple rituals that help employees regularly replenish their energy, organizations build workers' physical, emotional, and mental resilience. These rituals include taking brief breaks at specific intervals, expressing appreciation to others, reducing interruptions, and spending more time on activities people do best and enjoy most.

What will you learn?

- Schwartz and McCarthy “Managing your energy not your time” concept
- Organizational energy dynamics
- Personal and Organizational Renewal
- Stress management
- Self-development and self-motivation
- Communication issues
- Goal-setting

Learning outcomes

- Evaluate your preferences, strengths and values.
- Understand and apply crucial elements of personal prioritization and time and stress management to your professional and personal lives.
- Recognize how motivation can play a role in your own self-management.
- Create self-motivating strategies to increase effectiveness.
- Know the basic issues of communication to manage the relationships around you.
- Produce your own personal development plan to advance your own self-management/self-leadership goals.
- Learn to productively utilize energy and how to influence the results

Who should attend?

Anyone, who wants to accelerate career potential, enhance leadership and management effectiveness and build healthy environment in an organization or team.

Duration:

2 days

