

Leading with Energy

Manage the Leadership Power that Comes from Within

Without sufficient energy, even the greatest business leaders could not apply their mind, time, heart or work ethic to anything properly. Human energy is the most valuable leadership resource of all—and yet no one teaches us how to manage it.

In this course you will learn methods for increasing your energy capacity and managing your personal energy for effective leadership action. Think and move strategically for sustained energy levels. Establish the healthy habits required for peak performance. Lead from an authentic and inspiring energized state.

Takeaways

- Cope with the daily pressures of today's productivity-focused workplace
- Shed energy-sucking habits that lead to frustration, burnout, disengagement and potentially serious health risks
- Structure your workday for optimal energy, focus and creativity
- Bring your best to every leadership interaction by managing your emotions
- Tune into the impact of your energy on others
- Identify your most deeply held values, and connect with what truly drives you
- Apply an action plan to achieve immediate energy gains
- Set realistic health targets to sustain your energy over the long-term
- Recover from stress and recharge your batteries for a fresh start
- More skillfully manage the energy and productivity of those you lead
- Centre your mind for increased self-confidence and effective leadership engagement
- Foster a calm, collaborative work environment
- Create better work/life balance, to improve personal as well as workplace relationships

Audience

Anyone who wants to deliberately manage their personal energy, in order to increase their personal power and leadership influence.

Course Content

- Energy Management vs. Time Management
- The four dimensions of human energy: physical, emotional, mental and spiritual
- Understanding the demand and capacity curve
- The mindset of a corporate athlete
- Energy management self-assessment: how well are you performing in the four key energy areas?
- The impact of physical energy on mental and emotional output
- Emotional energy quadrants: identifying what emotional state you're in when you do your best work
- Developing focus: the myth about multitasking
- Values identification exercise
- Practical physical activity exercises
- Building rituals to create new habits for success

Special Features

In this highly practical program, you will quickly experience how better energy management can have a powerful positive impact on your workplace engagement and results. Over two action-filled days, you will get opportunities to think, move and recover strategically in order to start better managing your energy immediately.

Course Leader

Chris Obst is the Principal of Jump Management Coaching. As a straight talking, performance-focused coach, he has more than 20 years of experience challenging organizational leaders at top companies such as Canfor, Microsoft and PWC to achieve business results while gaining personal rewards. He also writes extensively about managing people and energy. Prior to coaching, his talent for motivating high-performing teams earned the National Post "Canada's 50 Best Managed Private Companies" Award.

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