

Energise



Learn the value of managing your energy, to make the absolute most of your time.

Time is a fixed entity. As much as we'd love to, we can't create more time. But we can optimise the available energy that we have to use in any given time period.

Having more energy positively impacts the productivity of our lives personally and professionally. Ultimately it is in maintaining our innerFitness where we find the key to maximising our available energy and optimising our potential.

This talk explores the sources of human energy and how best to manage these sources, and it facilitates the participants' abilities to identify ways to improve their energy and optimise their lives.

Participants will learn about:

- The four energy types (physical, emotional, mental and spiritual), the impact of each, and the effect of their interrelationships.
- The importance of identifying energy leaks and drains.
- The specific areas where we can benefit from improvement in our energy reserves.

Participants will take away:

- A clear focus on the importance of maximising their energy levels, to be at their best in their use of time -and not run out of puff!
- An energy management survey, to identify how well their energy is currently being managed.
- Guidance and encouragement to developing an energy management plan.

This talk is suitable for: Conference keynote. Staff and team meetings.

Seminar length:

45 Minute and 90 Minute options

Information and bookings:

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Energise is one of a series of InnerFit Talks presented by InnerFit NZ Trust.



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Success Starts Within