

Peak Performance Through Personal Energy Management

Duration: 5 Days

Language: en

Course Code: MG2-144

Objective

Upon completion of this course, participants will be able to:

- Understand the dynamics of personal energy and strategies for its management.
- Implement behavioural changes to enhance daily tasks and routines.
- Identify personal energisers and utilise tools for sustained energy levels at work.
- Appreciate the diversity of energy needs among individuals.
- Develop personalised plans to boost productivity and maintain vitality.

Audience

This course caters to a diverse audience, including:

- Professionals seeking to optimise their energy management.

- Employees striving for greater efficiency in today's workplace.
- Managers invested in the well-being and resilience of their teams.
- Individuals pursuing personal and career growth.
- Decision-makers handling heavy workloads and tight deadlines.
- Professionals committed to realising their full potential and effectiveness.

Training Methodology

This course adopts a holistic and interactive approach to adult learning, ensuring participants can effectively understand and manage their personal energy for peak performance. Through a combination of theoretical instruction, practical exercises, and reflective practices, participants will engage deeply with the material. Real-life case studies and self-assessment tools will enable them to identify personal energy patterns and their impact on productivity. Group discussions and role-playing activities will facilitate peer learning and allow participants to practice new strategies in a supportive environment. The use of mindfulness and self-awareness exercises will help participants attune to their bodily cues. At the same time, tailored action plans will ensure they can implement sustainable energy management practices in their daily routines. This integrative methodology empowers participants to optimise their energy levels, enhance their motivation, and achieve personal and professional goals.

Summary

Managing personal energy becomes crucial for meeting goals and sustaining peak performance in the hustle of daily life. This course is designed to equip participants with the skills to understand and regulate their energy levels, correlating energy with motivation. Amidst the demands of a competitive workplace and resource constraints, effective energy management enables individuals to optimise productivity. By attuning to bodily cues, participants can enhance their efficiency and effectiveness in accomplishing tasks.

Course Content & Outline

Section 1: Understanding Personal Energy Dynamics

- Definition and mechanics of personal energy.
- Core energy needs and their significance.
- The nexus between energy management and motivation.

Section 2: Assessing Habits and Building Self-Awareness

- Analysis of habitual behaviours affecting energy levels.
- Practical tools for heightened self-awareness and energy tracking.
- Challenges in energy management for contemporary leaders.
- Tailored strategies for enhancing productivity and sustaining energy.

Section 3: Identifying Individual Energisers

- Recognising personal sources of energy and motivation.
- Implementing tools and practices to maintain optimal energy levels.
- Customising energy management approaches to suit diverse individual needs.

Section 4: Strategies for Sustainable Energy Management

- Techniques for managing energy fluctuations throughout the day.
- Tools for maintaining consistent energy levels in the workplace.
- Adapting energy management practices to varying demands and contexts.

Section 5: Enhancing Productivity Through Energy Management

- Integrating energy management techniques into daily routines.
- Leveraging energy for increased efficiency and effectiveness.
- Strategies for achieving peak performance and reaching full potential.

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by the British Assessment Council (BAC) and The CPD Certification Service (CPD), and are certified under ISO 9001, ISO 21001, and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course

Categories

Human Resources Management (HRM), Management & Leadership

Tags

HR, management, Performance, energy, Personal Energy Management

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