



Develop Your Potential



## ENERGY MANAGEMENT SEMINAR

*...Manage your ENERGY, not your Time!!!*

Too many executives and staff presenting themselves for their annual medical check up are continually reporting that they are pushing themselves harder than ever to keep up and increasingly feel

practiced and precisely scheduled, with the goal of making them unconscious and automatic as quickly as possible. This is the core of the Energy Renewal Program and critical to anyone in our highly pressured world.

*A major international bank had its employees participate in our energy renewal program.*

*The results produced 13 percentage points greater year-over-year in revenue from loans than the control group did.*

*And they exceeded the control group's gains in revenues from deposits by 20 percentage points.*

they are at breaking point.

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

Defined in physics as the capacity to work, energy comes from four main wellsprings in human beings:

- ✓ The Body
- ✓ Emotions
- ✓ Mental State
- ✓ Mindfulness

The Energy Management Program focus is on these 4 areas above.

In each, energy can be systematically expanded and regularly renewed by establishing specific rituals – behaviors that are intentionally

To recharge ourselves, we need to recognize the costs of energy depleting behaviors and then take responsibility for changing them, regardless of the circumstances we are facing.

Work and life can be particularly energy draining on us.

Learning how to manage energy enables our brain to optimize what has been learnt and apply those skills in our high-pressured lives.



### Brief Overview

Organizations are demanding ever higher performance from their workforces. People are trying to comply, but the usual method - putting in longer hours - has backfired. People are getting exhausted, disengaged, and sick.

Longer days at the office don't work because time is a limited resource. But personal energy is renewable.

By using scientifically proven techniques people can replenish their energy and the organization can help build worker's physical, emotional, and mental resilience.

Help your employees systematically rejuvenate their personal energy, and the benefits will go straight to the bottom line.

***"To recharge ourselves, we need to recognize the costs of energy depleting behaviors."***

## About the Energy

### Management Program

#### **Program Objectives:**

At the end of this 2-hour program attendees will

- ✓ Understand the subconscious effects of pressure on them
- ✓ Learn neuroscience based techniques to minimize these effects
- ✓ Evaluate their current energy management capabilities
- ✓ Learn simple techniques to energize and vitalize themselves
- ✓ Prepare a plan to recharge their energy

#### **Program Details:**

- ✓ The program is designed by Dr Stan Rodski, Neuroscientist and facilitated by Paula Bowie
- ✓ No pre testing or reading is required
- ✓ Minimum participant number is 10.

#### **Program Deliverables:**

- ✓ Program workbook with energy plan for better health and productivity outcomes.
- ✓ Anti stress book with pencils

#### **Program Costs:**

The cost per program (2 hours) including neuroLAB demonstration is \$5,000 + tax which includes an anti- stress colouring book + pencils and Energy workbook



#### **Further Details Contact:**

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*DYP Consulting LLC and MIND Peak Performance are providing this unique Energy Management program developed by neuroscientist, Dr. Stan Rodski.*

#### **About Dr. Stan Rodski and MIND Peak Performance**

Dr. Stanley Rodski, Neuroscientist

Dr Rodski is a neuro scientist and has been a registered psychologist both in Australia and internationally for over 30 years. Working in the corporate health sector for the last 7 years Stan has been helping executives deal with the pressures and stressors of work and personal life including energy management.

His focus on personal and work performance while under pressure has seen him working with senior executives all over the world including major corporates such as Qantas, ANZ Bank, CSIRO, PWC Europe, NRMA to name a few. The world of elite sport has also been part of his work including Melbourne Storm Rugby Club and recently Hawthorn football club in 2013.



**Manage your Energy – Not your time  
Achieve your Optimal Performance**