



## ENERGY MANAGEMENT SEMINAR

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

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

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

Energy Renewal Program and is a critical resource to anyone in our highly pressured world.

To recharge ourselves, we need to recognize the costs of energy depleting behaviors in each of us and then take responsibility for changing them. This will help anyone, regardless of the circumstances they might be facing.

*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.*

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

- The Body (Physical)
- Our Emotions
- Mental State and
- Mindfulness.

The Energy Management Program has been designed to focus on balancing these 4 areas.

In each, energy can be systematically expanded and/or regularly renewed by building specific habits or rituals – behaviors that are intentionally practiced and precisely scheduled, with the goal of making them unconscious and automatic. This is the core of the

Balancing our Professional Work with our home life can be particularly energy draining on us, especially for Female professionals.

Learning how to manage energy enables our brain to optimize our strengths and apply those skills in our high-pressured lives.

***Learning the right way to Manage our Energy will give us the ability to better Manage our Time.***



### ***A Typical Scenario ...***

Organizations are demanding ever higher productivity and performance from their workforce. Staff are trying to respond to the challenge, but the usual method - putting in longer hours - has backfired. Staff Engagement surveys show people are getting exhausted, disengaged, and sick.

Longer days at the office don't work because time is a limited resource, especially for female professionals. ***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



Develop Your Potential

Additional participants can be added at a cost of \$350 (+ applicable sales tax)

Travel expenses are not included.

### Program Objectives:

At the end of this 2-hour session attendees will:

- ✓ Understand the subconscious effects of pressure on them
- ✓ Learn sound [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 facilitated by Paula Bowie, Master Practitioner (NLP), Neurocoach

No pre testing or reading is required

Minimum number of participants is 10

### Program Deliverables:

- ✓ Program workbook with energy plan for better health and productivity outcomes.
- ✓ Guidance on how to get the best use from the Colortation Anti-stress coloring book & pencils

### Program Costs:

The cost per program (2 hours) including neuroLAB demonstration is \$5,000 (+ applicable sales tax) which includes an Energy workbook plus a Colortation Anti-stress coloring book + pencils for each participant.



### Further Details Contact:

Paula Bowie:

[paula.bowie@DYPPeakPerformance.com](mailto:paula.bowie@DYPPeakPerformance.com)

Cell: +1 203 219-0401

DYPPeakPerPerformance are providing this unique Energy Management seminar developed by neuroscientist Dr. Stan Rodski of the MIND Peak Performance Institute, Melbourne

### About Stan Rodski and MIND Peak Performance

#### Dr. Stanley Rodski, Neuroscientist

Dr. Stan Rodski has been a neuroscientist and registered psychologist in Australia [and internationally] for over 30 years. Working in the corporate wellness sector for the last 7 years Stan has been helping executives deal with the pressures and stressors of work and personal life focusing on energy management. His desire is to enable executives to transform extreme pressure into peak performance.

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 American Express, Qantas, ANZ Bank, CSIRO, PWC Europe, NRMA to name a few. The world of elite sport has also been part of his work including supporting the Melbourne Storm Rugby Club to a series of Championship victories. He recently added Hawthorn football club (2013) and is providing assistance to the current Australian Olympic team.



Manage Your Energy – Not your Time

DYP Consulting LLC, Develop Your Potential and Achieve your Optimal Performance