

Maximizing Energy In a World that Sucks You Dry



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Dr. Carol Grannis and Cindy Maher
Co-Founders, Leading Edge Coaching & Development

A What's Energy?*

In physics, energy is your capacity to work.



Four Wellsprings:

- ▶ Body
- ▶ Mind
- ▶ Emotion
- ▶ Spirit

*From **The Way We're Working Isn't Working**, by Tony Schwartz with Jean Gomes and Catherine McCarthy, Ph.D., Free Press,

B First Wellspring: Body

- **Nutrition:** eating good, healthy food in moderate amounts
- **Adequate sleep**
- **Working a reasonable amount of hours** (or only working extremely long hours for finite periods)
- **Takes active breaks** from work

Please check the statements that are TRUE for you:

Body

- ___ Adequate Sleep
- ___ Breakfast
- ___ Exercise
- ___ Breaks

Partner Discussion:



- What are your initial reactions to the quiz?
- What is your current state costing you?

C Second Wellspring: Mind

- **Reducing multi-tasking** (which can increase the amount of time necessary to finish a primary task by 25%)
- **Controlling technology** interruptions
- **Makes the most critical strategic priorities** the first order of business each day

Please check the statements that are TRUE for you:

Mind

- ___ Focus
- ___ Putting out Fires
- ___ Reflection & Creativity
- ___ Working Nights/Weekends

Partner Discussion:



- What are your initial reactions to the quiz?
- What is your current state costing you?

D Third Wellspring: Emotion

- **Able to control** emotions
- **Has a heightened awareness of emotions**, and what's impacting them
- **Cultivates a positive outlook**
- **Makes a practice of expressing appreciation** to others

Please check the statements that are TRUE for you:

Emotion

- ___ Irritability
- ___ Family/Friends
- ___ Activities I Love
- ___ Appreciation

Partner Discussion:



- What are your initial reactions to the quiz?
- What is your current state costing you?

E Fourth Wellspring: Spirit

- **Understands personal and core values** and practice them daily
- **Feels a sense of purpose** in your work
- **Do what you do best and enjoy most** at work
- **Allocate time and energy to all the areas of your life:** work, family, health, helping others

Please check the statements that are TRUE for you:

Spirit

- ___ Work I Enjoy Doing
- ___ Gap: Values & Life
- ___ Purpose Unclear
- ___ Positive Difference

Partner Discussion:



- What are your initial reactions to the quiz?
- What is your current state costing you?

F Peer Coaching

YOUR 30-DAY CHALLENGE

With Your Partner:

1. What 30-Day Challenge would make the biggest difference in your life right now?
2. How would it affect your energy at work and at home?
3. How would it impact your buzz?
4. When will you start?
5. How can we stay in touch?

G Leading Edge Coaching

Leading Edge Coaching & Development was launched in 2003 with a vision of offering leadership coaching, training and consulting that would be completely unique in the marketplace. That difference lies within our **expertise**: our pool of talented facilitators carry a blend of business and management experience, knowledge of leadership, adult learning and educational practices. Our difference can also be found in the experience that we offer: learning that is brought to life through **theatre and improvisational comedy**. More importantly, our mission is clear: to only provide services and workshops that will make a profound difference to your success.



Contact Leading Edge (www.leadingedgecoaches.com)

- In MN, call Jay at: (651) 999-9283, or by email: jay.kallman@leadingedgecoaches.com
- In CT, call Cindy at: (860) 965-4662, or by email: cindy.maher@leadingedgecoaches.com