

The Energy Advantage

This Wellbeing Program is typically offered in four sessions of 60 minutes, with a longer first session. Taught virtually or in-person.

PROGRAM OVERVIEW

The Energy Advantage is a potent, cohort-based learning experience designed as a core solution for the epidemic of depleted human energy in organizations. It can be delivered to teams as a catalyst to create the inspiration and momentum that organizations need to execute their broader strategy. The Energy Advantage creates positive leadership, an energized employee experience, and an intentional culture of wellbeing for organizations seeking a performance advantage.

Energy is a fundamental aspect of engagement and wellbeing that organizational psychology has researched in depth, yet few people understand energy basics. Energy determines the capacity we have and the quality of our work and life experience. It is the critical fuel that, at any moment of the day, can optimize or compromise health, wellbeing, talent, skills, and performance. Lack of skill at managing personal capacity equals higher burnout risk.

IMPACT & OUTCOMES

Outcomes at the Personal Level

- Articulate and understand how the science and paradigm of energy (vs. time) can enhance your own health and happiness
- Shape a positive lens for your life by creating a clear vision of your best self
- Build skills and practices that can help you better understand and manage your energy
- Define a plan and rituals that will get you from where you are to where you want to be
- Be equipped to share what you learn about mastering personal energy with others in your life

Outcomes at the Leadership Level

- Become more attuned and self-aware of your energy and how that shows up and impacts those around you and those you lead
- Challenge the status quo of current work practices that may be draining the energy of your team and develop norms that promote optimal energy and wellbeing
- Develop a stronger language with your people for how to check-in about capacity, demands, and energy levels (i.e., being more attuned to burnout risk and what may be the biggest influencer).
- As a result of creating the conditions for your team to manage energy – you'll have a more sustainably engaged, productive, fulfilled, and positive team.

ADDITIONAL INFORMATION

The Energy Advantage includes a Pre- and Post-Assessment designed to create awareness and a foundation for individual positive change, and to provide leaders/managers with an understanding of how their energy impacts their teams. The assessment is based on five questions in each of the six energy dimensions: physical, emotional, mental, spiritual, social/relational, and resilience.

Visit www.experienceyol.com and contact us [here](#) for more information.