

Emotional Intelligence: Managing Personal Energy



Change, disruption, and demand will continue to accelerate, making us ever more vulnerable to exhaustion and burnout and their undermining impact on our performance. Managing our energy is more critical than ever and requires organizations to make taking care of people as important as taking care of business.

This module will cut preparation time and streamline your workflow while maximizing the positive impact you have on those you work with. This module offers individuals, leaders, and organizations a highly practical, proven set of strategies to better manage the relentlessly rising demands we all face in a world full of daily distractions and interruptions.

Outcomes

1. Understand and apply the principles of energy management at the workplace.
2. Recognize energy deficits and deepen people's awareness around their current energy gaps.
3. Assess how individuals are taking care of their four core energy needs.
4. Learn how to find ways to practice consistently healthy behaviors and influence energy levels.
5. Learn how to manage dysfunctional processes in your company in the field of energy management.
6. Explore your personal energy style and address ways of energizing the organization physically, emotionally, mentally, and spiritually.
7. Learn how to avoid exhaustion and burnout, increase levels of engagement, motivation, and job satisfaction.
8. Fundamentally understand lifestyle factors which can cause low energy levels.
9. Discover the impact of energy management on engagement, retention, and focus.
10. Assess how well an organization is managing employee energy across four dimensions – physical, emotional, mental, and spiritual.
11. Discover ways of building cultures of growth and fuel sustainable transformation.
12. Explain how to hardwire more energy, positivity, focus, creativity, trust, and purpose into the fabric of daily work through data-driven experiments.
13. Explore ways to increase their physical energy and the one of other people.
15. Mobilize mental energy by focusing systematically on activities that have the most long-term leverage.
16. Recognize meaning and purpose as potential sources of spiritual energy.
17. Use increased awareness of their emotions to build their emotional capacity.

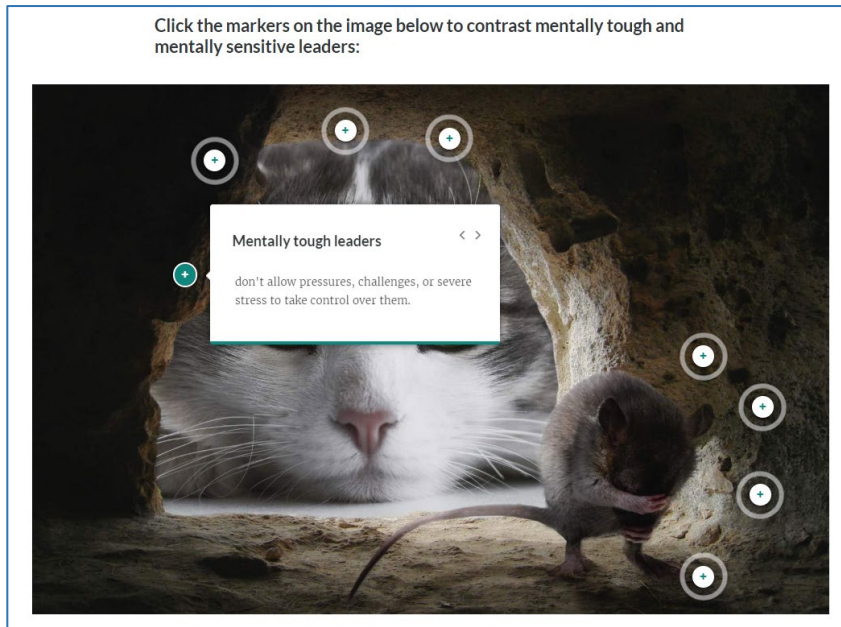
Recommended Learners

Higher Education

- Specialists and star contributors who have been identified as outstanding prospects for increased leadership responsibilities.
- Anyone who wants to focus on the role of energy in fueling sustainable high performance and in motivating others.

Business, Industry, Nonprofits, & Agencies

- First-time Managers, Senior Leaders, Executives, participants who hold top-level positions.
- Senior executives who are operating at or near the top of their organizations.



An example of a learning event in our Leading Edge Learning modules. The types of instructional content within the modules include: readings, videos, transcripts, audios, interactive questions, offline application exercises, flash cards, narrated presentations, matching exercises, relevant articles, downloads, a final exam, and other activities designed to engage learners based on recognized science of learning educational concepts.

Applications and Best Practices

Higher Education

- ✓ Use within a career-readiness program.
- ✓ Graduate study on emotional intelligence.

Business, Industry, Nonprofits, & Agencies

- ✓ Teach emotional intelligence to employees.

Pricing
Module is Approximately 12-15 Learner Hours

1-100 Learners per Year
 \$150 per Learner

101-500 Learners per Year
 \$140 per Learner

500+ Learners per Year
 \$130 per Learner