



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 take 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 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.

Learning Outcomes

1. Recognize energy deficits and deepen people's awareness around their current energy gaps.
2. Find ways to practice consistently healthy behaviors and influence energy levels.
3. Recognize meaning and purpose as potential sources of spiritual energy.
4. Develop strategies to avoid exhaustion and burnout, increase levels of engagement, motivation, and job satisfaction.
5. Discover the impact of energy management on engagement, retention, and focus.
6. Assess how an organization is managing employee energy across four dimensions: physical, emotional, mental, and spiritual.
7. Discover ways to build cultures of growth and fuel sustainable transformation.
8. Explain how to hardwire more energy, positivity, focus, creativity, trust, and purpose into the fabric of daily work through data-driven experiments.
9. Mobilize mental energy by focusing systematically on activities that have the most long-term leverage.
10. Explore your personal energy style and address ways of energizing the organization physically, emotionally, mentally, and spiritually.

Recommended Learners

- Undergraduate Students
- Graduate Students
- Faculty or students who want to enhance their interpersonal skills and learn to problem solve more effectively.

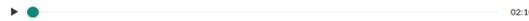
Topic Four: Stress Influence on Health and Performance in the VUCA World

We have known for decades that it is not the isolated instances of stress that cause harm, but rather protracted exposure to stress over months and years that is the greatest danger. Living in the VUCA environment means that our bodies are in a permanent state of readiness to face whatever danger may emerge. The physical changes that this provokes are extremely harmful and can cause a range of health problems from cancer to auto-immune diseases and allergies to weight gain, as well as the better-known cardiovascular problems that are associated with chronic stress.

Stress is inevitable, because it is a part of a culture or environment in which a given organization is operating. The secret component is to enable the organization and its members to design and implement the strategy of coping with stress and mental health.

From the Author:

Click the icon below to hear from the author on the topic of the psychological impact of workplace stress.



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

- ✓ Integrate in a course or program on leadership, particularly suited at the graduate level.
- ✓ Professional development for people in leadership positions or preparing for a leadership role.
- ✓ Students or faculty who want to focus on the role of energy in fueling sustainable high performance and motivate others.

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
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