

Energy Management



What previous participants have said:

"Physically walking the full project time-line showed me how and where I use my energy – what a ton of waste! The individual feedback from Petra, was the eye-opener I needed. She is incredibly tuned in and can give you wisdom for life" (Director Technology)

"The breathing exercises combined with the practical priority map made this day unforgettable – I know by doing those two simple tools consistently my life will be so much better than it already is. Brilliant!"- (Vice-President Finance)

"I thought this course would just teach me to control my impulses; but it was so much more. Now I realise that this is core to every challenge and the basic techniques I learned today will serve me for the rest of my life. Thank you, Petra " (Sales Director Car Industry)

Purpose

Use your energy in measured doses – fit for purpose; recognise when you're over or under doing it; be organised, time-effective, focussed on your priority and with ease. Understand what affects your energy flow and know what to do to keep it at its strongest.

Who will benefit from attending?

You.

What dates and where is it on?

7 Oct & 16 Dec 2015 in Dublin; from 09:00 – 17:00 with 15 minutes breaks in the morning and afternoon and 1 hour for lunch.

What will you learn?

- 🕒 Breathing techniques
- 🕒 Prioritising long-term, short-term and on the spot – using a priority map
- 🕒 An increased awareness of your physical energy and that of others and how this inter-acts
- 🕒 Control techniques to be measured about your use of energy
- 🕒 How you can increase your energy

How will you learn?

The morning is learning about the workings of Energy and creating your priority map for the next 18 months & the afternoon is developing your Energy Management stronger. Following the course you will be working with a fellow student to develop further. There will be pre-workshop reading & a pre-reflection questionnaire

How do I book?

The course fee is €675. Bookings paid before 1st September will receive 15% discount. The course fee includes a workbook, lunch and beverages on each day. *For the first 3 and subsequent 2 paid bookings we offer a free place to a registered charity.* Send your name, details and course description to Caitriona for us to send you an invoice.