

A hand is shown on the left side of the image, tearing a piece of white paper from a red background. The torn paper is in the center, and the text is written on it. The background is a solid red color with some abstract shapes and a hand tearing the paper.

It's Not Our Time That Needs to Be Managed

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Hello! Here's the plan ...



Interactive Discussion

Myths + Your Brain

Realignment + Routines

Tools + Questions

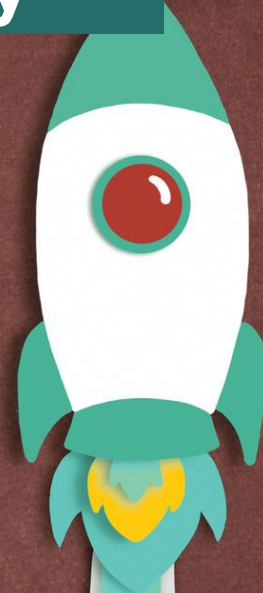
Energy Check-in



Productivity Paradox



4 Types of Energy



Burnout Proofing



Warning Signs

Prevention Systems

People-First Habits

Cultural Development

Leadership in Action

**psst ... this is the
interactive part ...**

Energy Audit

What charges you up?

What drains your energy?

What is something only you can do?

What shouldn't you be doing?



Quadrants of Energy

1

Important
+
Urgent

2

Important
+
Non-Urgent

3

Unimportant
+
Urgent

4

Unimportant
+
Non-Urgent

Realignment + Routines



be specific

SUN	MON	TUE	WED	THR	FRI	SAT

Take Aways + Tools

Podcasts
Books
Videos
Assessments
Worksheets
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