



## ENERGY MANAGEMENT TO COMPLETE THE MISSION

**HISTORY:** Sport, Law Enforcement, Medicine, Business

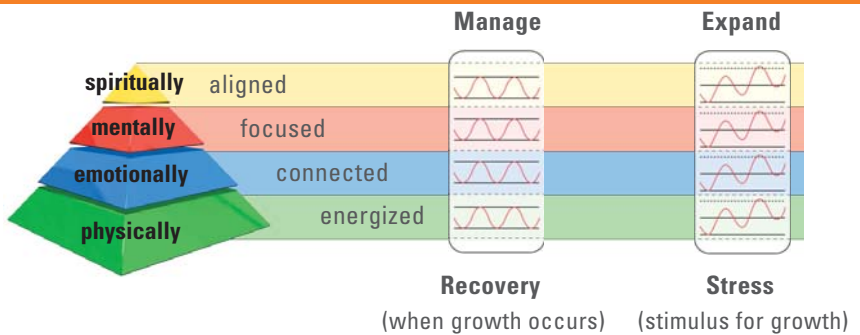
**PARADIGM SHIFT:** Managing **energy**, not just time, is the **key** to extraordinary results!

*CORPORATE ATHLETES MUST TRAIN!*

### ENERGY IS FOUR-DIMENSIONAL

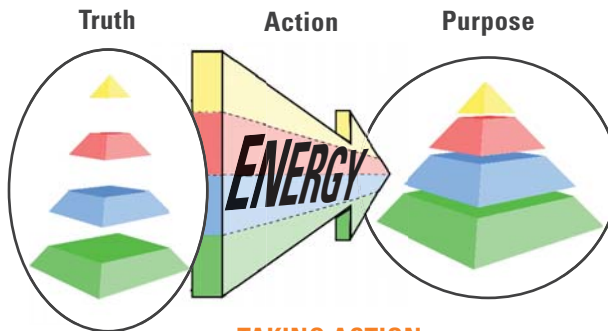
**FULL ENGAGEMENT:**

The acquired ability to intentionally invest your **FULL** and **BEST** energy, right **HERE**, right **NOW**.



### PATHWAY TO DEEPENING ENGAGEMENT

**FACING THE TRUTH:**  
Who or what **has been** getting your best energy?



**DEFINING PURPOSE:**

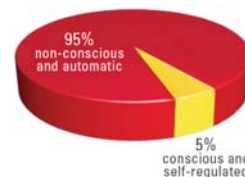
What is your Ultimate Mission?  
Who or what **should be** getting your best energy?

**CHANGE PROCESS:**

- Ultimate Mission
- Training Mission
- Old Story
- New Story
- Rituals
- Accountability

**TAKING ACTION:**

- We are creatures of habit
- We must use our limited self-discipline to build new positive rituals that support full engagement in the things that really matter



**COMMON BARRIERS TO FULL ENGAGEMENT:**

- Multitasking is the enemy
- Faulty Storytelling

*Storytelling drives the way we gather and spend energy*

**Name one new ritual you will employ after this training:**

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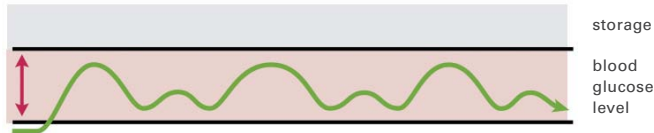
## NUTRITION FOR ENERGY MANAGEMENT

WHAT, WHEN and HOW you eat impacts each energy dimension



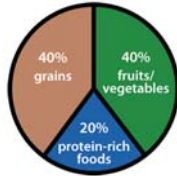
### EAT STRATEGICALLY:

Eat Light & Eat Often



### MEALS:

What?

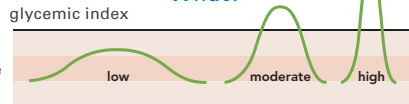


How Much?



### SNACKS:

What?



How Much?

100 - 150  
calorie max

Eat until **satisfied**, not full

Name a nutrition ritual you will employ after this training:

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## MOVEMENT FOR ENERGY MANAGEMENT

MANAGE energy through strategic movement, deep breathing and sleep

EXPAND energy capacity through strategic exercise

### MANAGE:

STRATEGIC MOVEMENT: Planned use of movement to increase energy

DEEP BREATHING: One-minute smooth, deep, regular, quiet breathing

SLEEP: Exercise and create a regular bedtime ritual



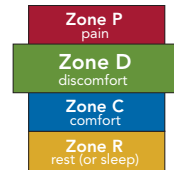
### EXPAND:

EXERCISE: Challenging, regular movement

STRATEGIC EXERCISE: Safe, effective, efficient

Exercise in your **DISCOMFORT ZONE!**

TYPE	HOW OFTEN?	HOW LONG?
AEROBIC	3 times/week	30 min
RESISTANCE	2 times/week	20 min
FLEXIBILITY	After exercise	10 min



Name a movement ritual you will employ after this training:

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## FREE Downloads & Online Training Tools:

Access these compelling energy management training tools designed to increase your energy capacity for maximum performance, engagement and productivity from our website at [www.corporateathlete.com/community](http://www.corporateathlete.com/community) and click **FREE TOOLS**.

- 8-Step Storyboarding Process Worksheet (based on *The Power of Story* book)
- Nutrition & Movement Guidelines
- Engagement Profile
- Energy Email Tips

## DEEPEN Your Engagement:

- The Power of Story*
- The Power of Full Engagement*
- The Power of Full Engagement Audio Series*
- Available at [www.corporateathlete.com/store](http://www.corporateathlete.com/store)



## CORPORATE ATHLETE® TRAINING SOLUTIONS

The Human Performance Institute has developed the *Corporate Athlete Course* based on its multi-disciplinary energy management technology. Managing energy, not time, is the key to sustained high performance and personal renewal. The *Corporate Athlete Course* is designed to strategically help participants become more productive and effective under pressure by managing their energy more effectively. Participants will learn how to expand their capacity and develop performance rituals in all areas - physical, emotional, and mental - to make systemic changes in both their personal and professional life.

The 2½ day *Corporate Athlete Course* is available at the Human Performance Institute in Orlando, Florida through open enrollment sessions for individuals or for client groups and teams. The *Corporate Athlete Course* can also be delivered at any location of your choosing. Modified formats at your site include a One Day or Half Day *Corporate Athlete Course* or a keynote presentation.