



CAPABILITY STATEMENT

BUSINESS OVERVIEW

We work with individual business owners, corporate leaders, and teams to introduce them to a systematic set of strategies so they are healthier, happier, more focused and more purposeful in both life and work.

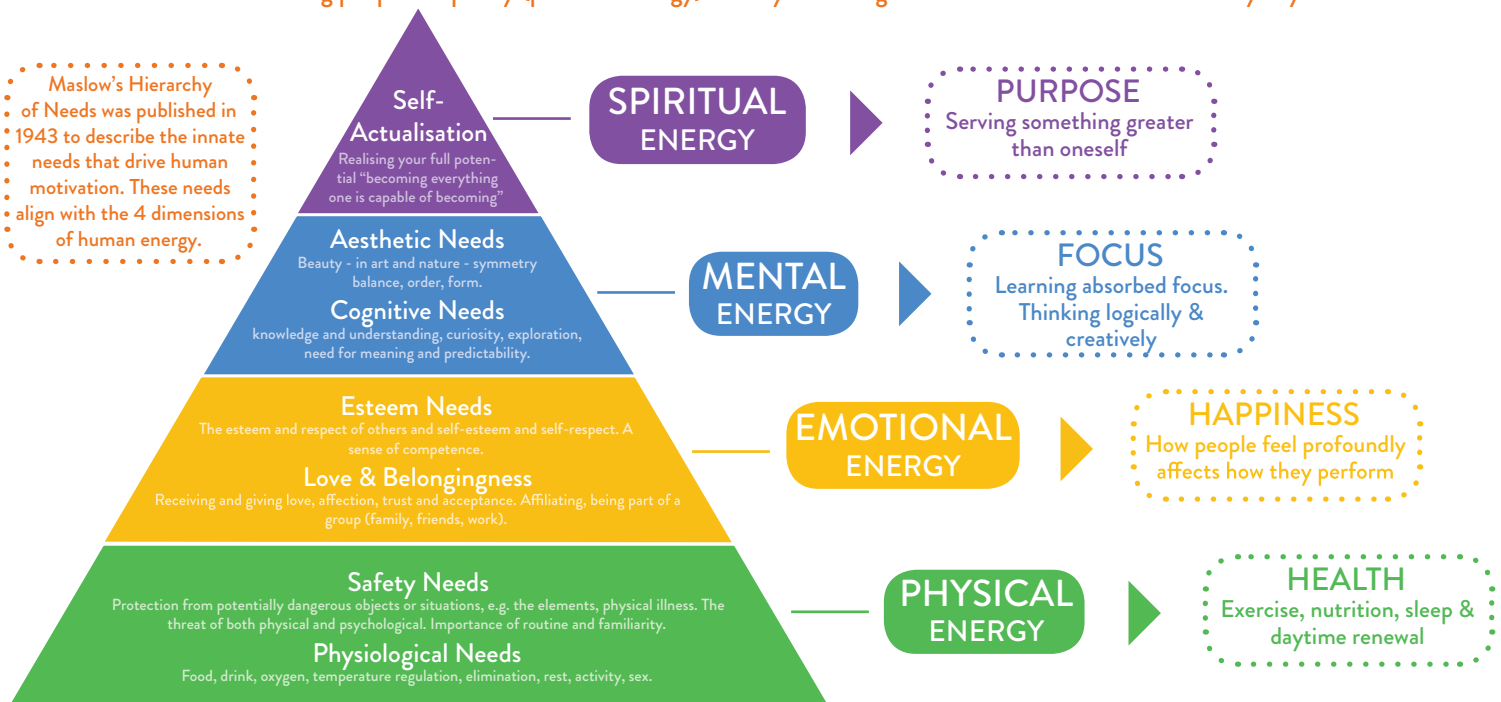
Specifically, we help individuals shift the paradigm from managing time to managing energy. By doing so they learn how to balance intense focus with regular renewal in order to move out of the survival zone and into the performance zone where they're most effective, most engaged and do their best work.

CORE COMPETENCIES

- ▶ Strategies for getting more done in less time with less stress, more sustainably
- ▶ Protecting health and well-being during periods of relentless demand
- ▶ Thinking more clearly and creatively under pressure
- ▶ Learning to apply absorbed focus on the things that matter
- ▶ Strategies for spending less time in the survival zone and more time in the performance zone

DISTINCTIVE COMPETENCY

Building people's capacity (personal energy) so they can bring their skills and talent to work every day



SERVICES FOR BUSINESS OWNERS, CORPORATE LEADERS AND TEAM MEMBERS

FULL DAY
Energy Management
Working and planning
Session

ENERGY COACHING
Individual &
Group

HALF DAY
Energy Management
Working Session

90 MINUTE
Introduction Session to
Energy Management

SOME ORGANISATIONS WE'VE WORKED WITH



NSW Agency for Environmental Protection



Queensland Government



ZENITH

Qualia Global Learning
Network Pty Ltd
T/A The Energy Principle



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