Qualia Global Learning Network A certified Supply Nation member



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

Maslow's Hierarchy of Needs was published in 1943 to describe the innate needs that drive human motivation. These needs align with the 4 dimensions of human energy.

Self-

Actualisation **ENERGY** tial "becoming every one is capable of beco

PURPOSE

Serving something greater than oneself

Aesthetic Needs

Cognitive Needs

MENTAI **ENERGY**

FOCUS

Learning absorbed focus. Thinking logically & creatively

Love & Belongingness

EMOTIONA **ENERGY**

HAPPINESS

How people feel profoundly affects how they perform

Safety Needs

Physiological Needs

PHYSICAL **ENERGY**

HEALTH Exercise, nutrition, sleep & daytime renewal

FULL DAY

Energy Management Working and planning

HALF DAY

ENERGY COACHING Individual & Group

90 MINUTE Introduction Session to Energy Management

SOME ORGANISATIONS WE'VE WORKED WITH





Queensland









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