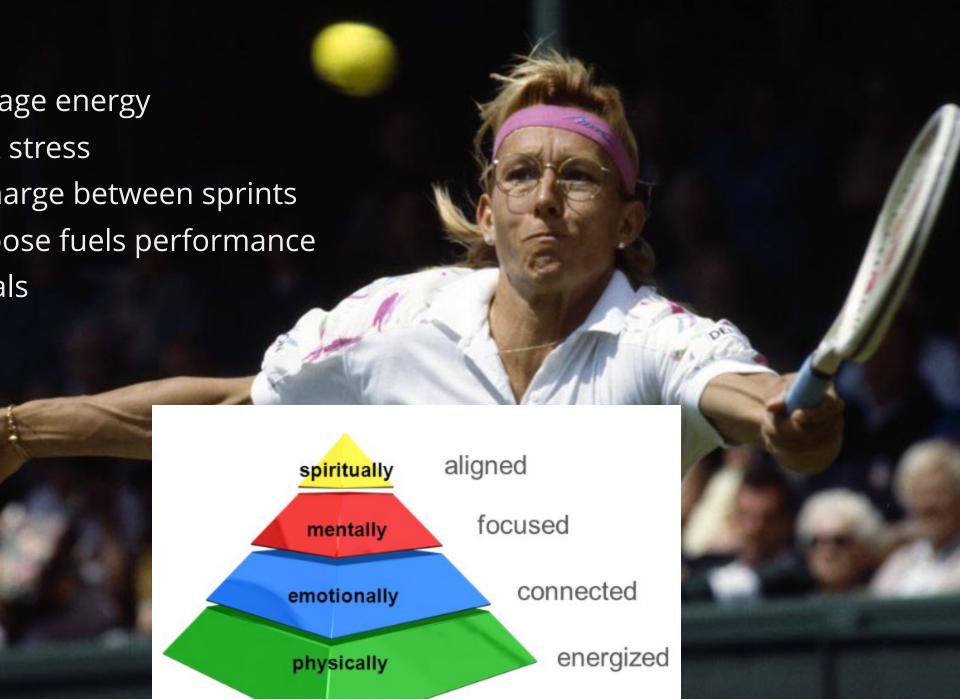
the Power of Full Engagement Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal

ARE YOU A LEADER WHO WANTS TO CREATE HIGH LEVELS OF ENERGY AND PERFORMANCE FOR YOU AND YOOR TEAM



Combining your mental and physical energies

Core Energ

Box 3: Anabolic & Low

Actions:

- Doesn't want to take action
- Task seen as "have to"
- Engaged by default
- Result is at least a coin flip
- Available Energy: 51%-75%

Box 4: Anabolic & High

Fully Engaged

Actions:

- Chooses to take action and does
- Total focus on task at hand
- Energy is high and flows
- Game is won before it's played
- Available Energy: 76%-100%

Box 1: Catabolic & Low

Actions:

- Won't take positive action
- Very low energy & enthusiasm
- Resistance to engage
- Game is lost before it's even played
- Available Energy: 0%-25%

Strategically Disengaged

Box 2: Catabolic & High

Actions:

- Can't take positive action
- Enthusiastic but blocked
- Engagement by effort/force
- Wrong equipment for the game
- Available Energy: 26%-50%

Low

High

Energetic Engagement

