

# Make ENERGY, not time...your most important metric

... in your TRANSFORMATION program.

**why?** Because focusing on time is a *waste of time* in comparison ...

- Time is a concept, static and not dynamic
- Time drives nothing and motivates no one
- Time does not communicate direction or manage resistance
- Time does not produce results and/or outcomes

... on the other hand, people with **HIGH ENERGY CAN!**

**people** that deliberately manage their ENERGY are managing their motivation, their focus, their emotional resilience and performance capacity... as well as delivering results in a planned way. People that manage TIME are mostly managing dates, schedules, meetings, tasks... wearing themselves and others out by doing many things, sometimes many times over, perhaps getting a form of result and often... not.

**leaders** with HIGH PERFORMANCE ENERGY deliver fast results and most often can sustain the results. How?

THEY...

- ...possess the physical fitness and capacity to sustain long periods of work, pressure and avoid fatigue. (PHYSICAL ENERGY)
- ... eat foods and have habits that enables their energy to stay high into the night, maintain positive emotions and perform under duress. (PHYSICAL ENERGY)
- ... design their work into performance and recovery... they go hard physically/mentally and emotionally into a performance and then easily slip into a recovery mode... building capacity for the next performance- perhaps even that same day!! (PHYSICAL ENERGY)
- ... do not need constant emotional reassurance that they are 'ok'... that 'their work is ok'. They are self-confident because they work on their trustworthiness and esteem frequently. (EMOTIONAL ENERGY)
- ... have clear motivation, clarity of needs and personal drive and therefore the *ability to take a stand* when it matters, resist rejection, roadblocks and the self-confidence to be judged daily. (ENERGY OF THE SPIRIT & EMOTIONAL ENERGY)
- ... have an infectious energy force... a passion behind their skills and attitudes that ignites others to get involved and model their leadership and willingness to try something new and unknown. (ENERGY OF THE SPIRIT & SOCIAL ENERGY)
- ... know who is important and why, who is less so and why... they map their relationships frequently and minimise emotional spend and waste. (SOCIAL ENERGY)
- ... balance the concentration of their attentional resources on what they need to do this week, with broader perspectives and the bigger picture. (MENTAL ENERGY)
- ... identify negative thoughts and mindsets and are quick to reframe these into positive perspectives to provide resilience and optimism. (MENTAL ENERGY)

HOW MANY DO YOU HAVE LIKE THIS NOW?

CONTACT US NOW AND... LETS MAKE IT A METRIC.