



Energy Skills: Core Level Programme

This course is for those business leaders who want to develop a broad base of the skills, knowledge and understanding needed to achieve great energy in their lives. It is specifically for leaders at any stage of their business from pre start to growth through to exit planning to help them create or develop a strategy that works for their circumstances.

We will explore key principles of personal awareness, how energy works, mindset tools and energy boosters and drainers as self management, leadership and business development tools, choosing your personal strategy and developing systems to action plan, review your and your team's progress and implement change.

1-day face to face course including planning resources.

This day contains 4 learning outcomes which will support you to:

- Be able to understand the impact of your thoughts on all areas of your life
- Be able to effectively recognise great behaviours, issues and impact
- Be able to develop and assess your own energy awareness skills
- Be able to create and develop an effective positive culture within your team

The course includes a mixture of trainer led resources, discussions, self-assessment and breakout sessions to bring the theory to life for you.

Once you have completed the course, you will be able to:

- Understand the difference between you and your thoughts
- Understand key best practice for energy skills that meets your business needs
- Be able to build your team with developing positive relationships and avoiding stress
- Apply appropriate self-analysis techniques to understand your own energy style and strengths
- Identify your key barriers and issues and translate it to positive priorities and actions
- Understand brain training best practice and relate it to your circumstances
- Develop your own personal development plan
- Identify future development activities to continually improve yourself and your business

