



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 by 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 them into 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

To find out more information about costs and how to book, please contact Jackie:

By email: jackie@leapfrogmountain.com

By phone: 07841 741384

Via our website: www.leapfrogmountain.com/contact.html