

FIRING ON ALL CYLINDERS

How To Maximise Your Physical Energy Supply

Duration: Half day (including breaks)

Participants: 15-20 max

Background:

A sluggish and exhausted team of employees is an organisation's worst nightmare; low motivation, low productivity and toxic behaviours amongst staff will all impact on the bottom line.

Have you considered the enormous benefits to a business if employees had double the energy? The energy within our body is not only crucial to the way we feel and our ability to get things done but it plays an important role in the way we think, our relationships and how we manage daily challenges and stresses. A healthy immune system is an energised one that protects us from colds and flu and reduces our risk of degenerative disease. Energy renewal, through lifestyle habits, is crucial for building stamina and longevity for talented individuals.

Course Overview:

In this programme you will learn how to build sustainable energy to promote enthusiasm, motivation and engagement on a day to day basis at work and at home. Recognise the crucial lifestyle components that make up your production plant for maximum energy.

Course Benefits:

By the end of Firing On All Cylinders – How To Maximise your Physical Energy you will be able to:

- Perform to your utmost ability with maximum energy levels
- Keep motivated and focussed for longer periods of time
- Still tap into your bank of renewable energy at the end of a busy day
- Protect yourself from exhaustion and sickness with a healthy and energised immune system
- Redirect energy away from the adrenalin rollercoaster and learn how to avoid stress and burnout
- Understand the important process of how to manufacture your own energy molecules
- Discover the optimum timetable for eating to ensure satiety and sustainable energy levels
- Learn which foods will give you energy and which foods will sap your energy
- Recognise the importance of using relaxation and breathing techniques to maximise your energy
- Wake feeling refreshed and energised

Additional Information:

Firing On All Cylinders can be run in isolation but also works extremely well alongside our other energy programme - Powering Your Positive Mental Energy - to make a full day's programme.