

Maximizing Energy*

In a World that Sucks You Dry



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Founders of Leading Edge Coaching & Development

A First Wellspring: Body

- **Nutrition:** eating good, healthy food in moderate amounts
- **Adequate sleep**
- **Working a reasonable amount of hours** (or only working extremely long hours for finite periods)
- **Takes active breaks** from work

Please check the statements that are TRUE for you:

Body

- _____ Adequate Sleep
- _____ Breakfast
- _____ Exercise
- _____ Breaks

Partner Discussion:



- What are your initial reactions to the quiz?
- What is your current state costing you?
- What could you do to make a positive change in this area?

B Second Wellspring: Mind

- **Reducing multi-tasking** (which can increase the amount of time necessary to finish a primary task by 25%)
- **Controlling technology** interruptions
- **Makes the most critical strategic priorities** the first order of business each day

Please check the statements that are TRUE for you:

Mind

- _____ Focus
- _____ Putting out Fires
- _____ Reflection & Creativity
- _____ Working Nights/Weekends

Partner Discussion:



- What are your initial reactions to the quiz?
- What is your current state costing you?
- What could you do to make a positive change in this area?

C Third Wellspring: Emotion

- **Able to control emotions**
- **Has a heightened awareness of emotions, and what's impacting them**
- **Cultivates a positive outlook**
- **Makes a practice of expressing appreciation to others**

Please check the statements that are TRUE for you:

Emotion

_____ Irritability

_____ Family/Friends

_____ Activities I Love

_____ Appreciation

Partner Discussion:



- What are your initial reactions to the quiz?
- What is your current state costing you?
- What could you do to make a positive change in this area?

D Fourth Wellspring: Spirit

- **Understands personal and core values and practice them daily**
- **Feels a sense of purpose in your work**
- **Do what you do best and enjoy most at work**
- **Allocate time and energy to all the areas of your life: work, family, health, helping others**

Please check the statements that are TRUE for you:

Spirit

_____ Work I Enjoy Doing

_____ Gap: Values & Life

_____ Purpose Unclear

_____ Positive Difference

Partner Discussion:



- What are your initial reactions to the quiz?
- What is your current state costing you?
- What could you do to make a positive change in this area?

E Leading Edge Bio

Carol Grannis and Cindy Maher co-founded Leading Edge Coaching & Development in 2003 with a vision of offering leadership development opportunities that would be **completely unique** in the marketplace. That difference lies within two things: our expertise and the learner's experience. Our knowledge comes from a blend of business and management experience, and cutting edge research on leadership, teams, and adult learning. Skills and concepts are brought to life through theatre, improvisational comedy, interactive discussion, and skill practice. More importantly, our mission is clear: **to provide services and workshops that will make a profound difference to your success.**



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