



# ENERGY MAINTENANCE

"Energy and persistence conquer all things." - Benjamin Franklin

Are feeling sluggish at your desk? Learn how to stay energised and productive throughout the work day with this course! We'll provide strategies for managing stress, getting enough rest, and eating nutritious meals. You'll also learn how to keep a positive mindset and stay motivated. There will be various exercises and activities to keep you active and engaged. The goal of this course is to help you stay energised, so you can reach your full potential at work. So, come join us and take your energy levels to the next level!

## Key Course Content:

- Assess the impact of regular dietary items on energy levels
- Discuss the impact of sugar
- Conduct 4 exercises that can be performed every day at work
- Label behaviours that disrupt energy levels
- Discuss if "slow and steady" is more effective than "crash and burn"
- Map your daily energy levels to identify peaks and troughs
- Learn how to take "time outs" on busy days
- Review your workload at the beginning of every day
- Discuss how western diets have changed in the last 20 years
- Plan and prioritise tasks



## Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



## Duration:

This course is available as a 1-day course or a truncated half-day course.



## Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



## Group Size:

We recommend a group size of 4-10 people.

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