

## KEYNOTE PRESENTATION TOPICS

### RUSSELL HUNTER



## MANAGING ENERGY VS. MANAGING TIME

### THE MAKING OF A CORPORATE ATHLETE®

Most of us are wired up for non-stop productivity but are running out of the critical resource that makes everything happen - energy. Crushing workloads, a 24/7 economy and ever-increasing expectations require today's professionals to skillfully access high levels of physical, emotional, and mental energy whenever and wherever the work experience demands it. The ultimate measure of our lives is not how much time we spend on the planet, but rather how much energy we invest in the time that we have.

## STRATEGIC EATING FOR PERFORMANCE

### TWO CRITICAL STRATEGIES THAT DRIVE SUCCESSFUL EXECUTIVES

Becoming physically energized and sustaining that energy throughout the day is the foundation for becoming fully engaged as a leader. It requires making strategic choices about what you eat, when you eat, and why you eat. This presentation cuts through the clutter of information available on nutrition and explores why many executives are failing the battle of the bulge - and lack consistent high energy throughout the day. Participants learn how to apply the two critical strategies that successful leaders focus on to change this.

## STRESS IS NOT THE ENEMY

### BUSINESS IS A SERIES OF SPRINTS NOT A MARATHON

Conventional wisdom states that the best way to manage the endless demands of our work lives is to assume the mentality of a marathoner, carefully conserving energy over the long haul in order to avoid burnout. Unfortunately, the result is that we are never fully engaged. Research demonstrates that sustained high performance requires the mentality of a sprinter - fully engaging for clearly defined periods of time and then strategically recovering. This principle is called oscillation and creates a powerful pulse that drives greater efficiency, improved health and happiness, and sustained high performance.

## LEADING WITH ENERGY

### CHANGE YOUR STORY, TRANSFORM YOUR RESULTS

Great leaders have the ability to ignite, focus, and sustain people's energy in the service of a mission. The fully engaged leader must be physically energized, emotionally connected, mentally focused and spiritually aligned with the organizations mission themselves. Each of these capacities are necessary, none is sufficient by itself. Leading with energy requires drawing on all four sources of energy and consciously cultivate them throughout the organization. Doing so requires leaders to be committed to training in the same way elite athletes do to expand capacity both individually and organizationally.

For additional information on any of these topics and fees, please contact us at 604.638.2767.