

## Morning

### **9:00 - 10:30am: Introduction to Energy for Performance Model**

- Review Session Objectives and Expectations
- Why Become a Corporate Athlete?
- The Four Principles of Energy Management
- The 3-Step Full Engagement Development Process

### **10:45 - 12:00pm: Facing the Truth**

- Review Full Engagement™ Self Assessment Report
- The Role of Storytelling and Engagement
- Identify the Story Behind Your Self Assessment Data
- Explore the Benefits, and Long-Term Costs to Your Story

### **12:00 - 12:30pm: Best Practices for Managing Physical Energy (Theory Burst)**

## Afternoon

### **12:30 - 1:45pm: LUNCH Break and Walk**

### **1:45 - 3:30pm: Purpose, Values and New Story**

- Role of Purpose in Full Engagement
- Clarify Personal Values
- Create Your New Story

### **3:45 - 5:15pm: Developing Your Action Plan**

- Establish a Training Mission (90-Day Goal)
- Explore the Power of Performance Rituals
- Design Rituals and Training Log
- Determine Support and Setback Strategies
- Finalize Personal Action Plan

*NOTE: 15 minute strategic breaks will occur throughout the day.*