

Day 1

8:45am - 8:55am: Arrive at Session

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

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

10:45am - 12:15am: Strategic Eating for Full Engagement

- Why – The Connection Between Nutrition and Results at Work
- Who – The Glucose Story for Business Professionals
- When – The Three Hour Rule
- What – Peace Plate Meals, Breakfast, Snacking, and Drinking
- Where – Strategies for eating when it is not convenient
- How – What Gets in the Way of Execution?

12:15pm - 1:15pm: LUNCH AND WALK

1:15pm - 3:00pm: Facing the Truth

- Preparation for Receiving 360 feedback
- Review 360 Report and Individual Debriefing
- Identify Key Strengths and Challenges in all Four Dimensions
- Group Debriefing

3:15pm - 4:45pm: The Power of Story

- The Role of Storytelling in Full Engagement
- Identify the Story Behind Your Data
- Explore Benefits, and Long-Term Costs to Your Story
- Insights from Day 1

5:30pm: Optional workout

NOTE: 15-minute strategic breaks will occur throughout the session.

Day 2

8:50am - 9:00am: Arrive

9:00am – 9:10am: Quick Check In

- Share “Sleep Test” Insights

9:10am - 10:30am: Strategic Movement for Full Engagement

- Role of Movement in Performance at work
- Active Breathing
- Small Movement Strategies Throughout the Day
- Resistance Training – Why We Need it as we Age
- Aerobic Conditioning – Using a Heart Rate Monitor
- Flexibility Training Elements
- Group Discussion: What Gets in the Way of Implementation?

10:45am - 12:15pm: Purpose, Values and New Story

- Role of Purpose in Full Engagement
- Clarify Your Core Values and Connection to Performance Barriers
- Create a New Story
- Establish a Training Mission (90-Day Goal)

12:15pm - 1:15pm: LUNCH and WALK

1:15pm - 3:30pm: Developing Your Action Plan

- Explore the Power of Performance Rituals
- Select Performance Rituals for your 90-Day Goal
- Design Rituals and using a Training Log
- Determine Support and Setback Strategies
- Finalize Personal Action Plan
- Performance Partners and Coaching
- Celebrate commitments

4:00pm: Conclude Session

NOTE: 15-minute strategic breaks will occur throughout the session