



WORK FROM HOME AND STAY FOCUSED, ENERGISED AND PRODUCTIVE?

THIS IS A NEUROSCIENCE
BASED PROGRAM FOR
QUICK AND EFFECTIVE
RESULTS

PRODUCTIVITY while working from home needs good ENERGY management

For many leaders, managers and staff working in a virtual or 'from home' team is very challenging. Working in this way creates new challenges both from a productivity sense but also in terms of their personal energy management.

The core problem with working FROM HOME is that time is NOT the issue - Energy & motivation is a different story.

Defined in physics as the capacity to work, energy comes from four main wellsprings in human beings:

- Physical function
- Emotions
- Mental State and
- Spiritualness.

The [Energy Management Program](#) focus is on these 4 areas above.

In each, energy can be systematically expanded and regularly renewed by establishing specific rituals – behaviours that are intentionally practiced and precisely scheduled, with the goal of making them unconscious and automatic as quickly as possible. This is the core of the Energy Renewal Program and critical to anyone in this highly pressured world.

To recharge ourselves, we need to recognize the costs of energy depleting behaviors and then take responsibility for changing them, regardless of the circumstances we are facing.

Work and life can be particularly energy draining on us- particularly working from home.

Learning how to manage energy enables our brain to optimize what has been learnt and apply those skills in our high-pressured lives.

[About the Energy Management Program](#)

Program Objectives:

At the end of this program participants will

- Understand the subconscious effects of pressure on them
- Learn neuroscience based techniques to minimize these effects
- Evaluate their current energy management capabilities
- Learn techniques to energize, vitalize and motivate themselves

- Prepare a plan to recharge their energy



Program Details and Deliverables:

- The program has been created by Dr Stan Rodski, Neuroscientist
- Pre program energy test provides baseline energy reporting for participants.
- Participants receive a behavioral energy management TIP sheet to focus on key areas.
- They also receive a detailed workbook to study with personal energy plan to implement at home.
- Participants can retest and monitor progress as often as they wish.

Further Details:

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